

Welcome and Thank You

We are proud to present our July–December Activities Catalog! This catalog is loaded with a wide array of activities and all available to you for only \$13 a year! If you have not already joined, we encourage you to explore this catalog and visit one of our fine centers.

Thank you for this opportunity to serve you,

Molling

Richard J. Berry, Mayor



Mayor Richard J. Berry



In collaboration, clockwise, from left: Tierna Unruth-Enos, Marketing Manager, Department of Cultural Services; Director Betty Rivera, Department of Cultural Services; Director Jorja Armijo-Brasher, Department of Senior Affairs; April B. Jojola, Recreation Division Manager, Department of Senior Affairs; and Christian "Charlie" Kenesson, Owner/Artist, Kenesson Design, Inc.

Photo: Teresa Sanchez, Department of Senior Affairs

A Natural Collaboration

It has always been a natural collaboration, but now it is official—two City Departments—Senior Affairs and Cultural Services—working together to provide and promote services to you, our esteemed customers! Add the magic touch of a talented graphic artist and what you see is this current Activities Catalog, featuring our newly defined partnership.

We invite you to peruse the pages and soak in the fabulous array of services, offered by the City of Albuquerque. From our wonderful network of senior/multigenerational and fitness facilities to the splendid museums, BioPark, arts in the parks to our Albuquerque/Bernalillo County libraries—we are here for you to enjoy and marvel at how exciting it is and how lucky you are to be a resident in our wonderful city.

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City of Albuquerque, Richard J. Berry, Mayor Robert J Perry, Chief Administrative Officer

Jorja Armijo-Brasher, Director, DSA, City of Albuquerque

The City of Albuquerque/Bernalillo County Department of Senior Affairs Headquarters is located at 714 7th Street SW. Program inquiries may be directed to April B. Jojola, Recreation Division Manager 764-6469 or ajojola@cabq.gov

DSA Advisory Council:Victoria Godwin, Chairman, Kenneth J. Carson, Sr., Marianne Chiffelle, Jeanette Harris, Mary Jaramillo, Yumi Johnson, Tina King, Mary Martinez, Agnes Vallejos, Susan White



City Coulicions	
District 1	Ken Sanchez
District 2	Debbie O'Malley
District 3	Isaac Benton
District 4	Brad Winter
District 5	Dan Lewis
District 6	Rey Garduño, VP
District 7	Michael Cook
District 8	Trudy Jones
	Don Harris, President

City Councilors

Americans with Disabilities Act: The City of Albuquerque does not discriminate on the basis of race, color, national origin, ancestry, sex, religion, age or disability in employment or provision of services. If you have a disability and will need special assistance to benefit from an activity or trip offered by a senior center, please call that location at least two weeks prior to the event.

Center Directory

Barelas

714 7th St. SW, Alb, NM 87102 TBD, Manager Antoinette Sigala, Programmer Phone: 764-6436 Fax: 764-6472 Monday-Friday, 8:00 am-5:00 pm

Bear Canyon

4645 Pitt NE, Alb, NM 87111 TBD, Manager Cassandra Vigil, Programmer Phone: 291-6211 Fax: 291-6237 Monday-Friday, 8:00 am-5:00 pm Thursday, 8:00 am-9:30 pm Saturday, 9:00 am-3:00 pm Thursday Night Dance 6:30–9:30 pm

Highland

131 Monroe NE, Alb, NM 87108 Toni Chumash, Manager TBD. Programmer Phone: 256-2000 Fax: 256-2004 Monday, Tuesday, Thursday, Friday 8:00 am-5:00 pm Wednesday, 8:00 am-7:00 pm Saturday, 10:00 am-4:00 pm

Los Volcanes

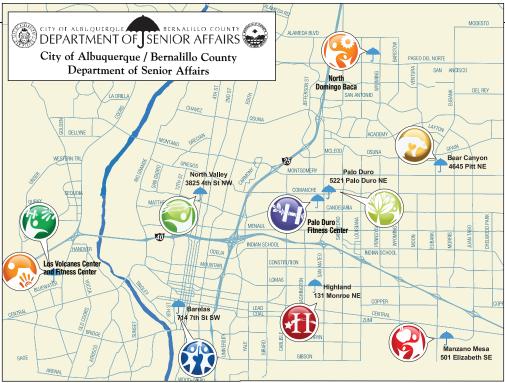
6500 Los Volcanes NW, Alb, NM 87121 Gladie Peltomaki, Manager Maria Aguero, Programmer Phone: 836-8745 Fax: 836-8749 Monday–Friday, 8:00 am–5:00 pm Thursday, 8:00 am-7:00 pm Saturday, 9:00 am-1:00 pm

North Valley

3825 Fourth St. NW, Alb, NM 87107 Ed Nuñez, Manager Sandra Lucero, Programmer Phone: 761-4025 Fax: 761-4031 Monday-Friday, 8:00 am-5:00 pm Tuesday, 8:00 am-7:00 pm Sunday 12:30–4:30 pm

Palo Duro

5221 Palo Duro NE, Alb, NM 87110 Leeann Torres, Manager Julianna Brooks, Programmer Phone: 888-8102 Fax: 888-8107 Monday-Friday, 8:00 am-5:00 pm Wednesday, 8:00 am-7:00 pm Saturday, 9:00 am-1:00 pm Desert Willow Gift Shop Monday-Friday, 9:00 am-3:00 pm



Multigenerational Centers

Manzano Mesa **Multigenerational Center**

501 Elizabeth SE, Alb, NM 87123 Cristin Chavez-Smith, Manager Patty Gutierrez, Center Supervisor Angelina Poulin, Programmer Phone: 275-8731 Fax: 275-8734 Monday-Friday, 8:00 am-9:00 pm Saturday, 9:00 am-3:00 pm

North Domingo Baca Multigenerational Center

James Mader, Manager Berlinda Padilla, Center Supervisor Natasha Montoya, Programmer 7521 Carmel Ave. NE, Alb., NM 87113 Phone: 764-6475 Monday-Friday, 8:00 am-9:00 pm Saturday, 9:00 am-3:00 pm

Breakfast at the Centers

Enjoy breakfast for just \$1.50 Monday-Friday, 8:00-9:00 am at all 7 of our centers. On occasion, meal service may be cancelled. Check with the front desk for schedule changes.

Lunch at the Centers Barelas, Los Volcanes, North Domingo Baca, North Valley, Manzano Mesa

Reserve by noon one work day prior. Mon-Fri, 11:30 am-12:30 pm \$2 for 60 and older, \$3.25 for 50-59, \$5 for guests under 50 (including children) If you are 60 or older, please donate your fair share to help cover the expense of preparing the meal, however no one will be denied services for choosing not to contribute.

Bear Canyon, Highland, Palo Duro Monday–Friday, 11:30 am–1:00 pm \$3.25 for seniors, \$5 for guests under 50 (including children)

Fitness Centers

Karen Baker, Manager; Susan Rice, and Berlinda Padilla, Health & Wellness Specialists

Palo Duro 50+ Sports and Fitness Center

3351 Monroe NE Albuquerque, NM 87110 Phone: 880-2800 Monday-Friday, 7:00 am-7:00 pm Saturday, 8:00 am-2:00 pm

Los Volcanes 50+ Sports and Fitness Center

6500 Los Volcanes NW Albuquerque, NM 87121 Phone: 839-3710 Fax: 839-9466 Monday-Friday, 7:00 am-7:00 pm Saturday, 8:00 am-2:00 pm

Center Closings

Cleaning Closings:

Bear Canyon July 11–1/
Los Volcanes Fitness CenterJuly 18–24
Manzano MesaJuly 25–31
Palo Duro Fitness CenterAugust 1—7
Los VolcanesAugust 8–14
Palo Duro August 15–21
North ValleyAugust 22–28
Highland (closed for renovation)

Holiday Closings:

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Independence Day	July 5
Labor Day	September 5
Veteran's Day	November 11
Thanksgiving Holiday	November 24–25
Christmas	December 26
New Year's Day	January 2
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Online at: www.cabq.gov/seniors

Mealsites

Nutrition Program Office

1500 Walter SE, Alb, NM 87102 Janie Moya, 764-1524

Alameda Satellite

Raymond G. Sanchez Community Ctr. 9800 4th Street NW, Alb, NM 87114 Anita Hamel, 897-8896

Armijo Satellite

1714 Ćentro Familiar SW, Alb, NM 87105, 873-0047

Embudo Towers, Meal Site

8010 Constitution NE, Alb, NM 87110 Janie Moya, 764-1524

Encino Garden Meal Site

412 Alvarado SE, Alb, NM 87108 Julie Day, 266-7736

Encino Terrace Meal Site

609 Encino Place NE, Alb, NM 87102 Elvira Montaño, 247-4185

Holy Family Satellite

562 Atrisco Drive SW, Alb, NM 87105 Viola Abeyta, 843-7695

La Amistad Meal Site

415 Fruit NE, Alb, NM 87102 Esther Bustos, 848-1395

La Mesa/Cesar Chavez Community Ctr

7505 Kathryn Ave SE, Alb, NM 87108 Norma Taylor, 256-2680

Los Duranes Community Center

2920 Leopoldo NW, Alb, NM 87104 Julia Trujillo, 848-1338

Mountain Communities/ Los Vecinos Community Ctr

4781/2 Old Hwy 66, Tijeras, NM 87059 Virginia Gonzales, 314-0242

Pajarito Satellite

6080 Isleta Blvd SW, Alb, NM 87105 Noel Gutierrez, 873-6617

Paradise Hills Satellite

6000 Chaparral NW, Annex Bld, Alb, NM $87114\,$ America Bencomo, 314-0246

Princess Jeanne Satellite

11401 Indian School Rd. NE, Alb, NM 87112 Primavera Mickie Charles, 291-6298

Rio Bravo Satellite

3910 Isleta Blvd SW, Alb, NM 87105 Maria "Lola" Sedillo, 873-6647

Shalom House Meal Site

5500 Wyoming NE, Alb, NM 87109 Annette Morris, 823-1434

Taylor Ranch Community Center 4900 Kachina St NW, Alb, NM 87120

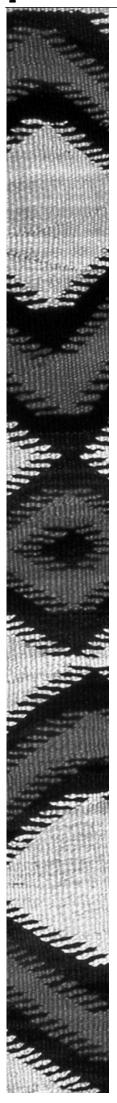
Paula Azua, 768-6006 **Thomas Bell Community Center**

3001 University SE, Alb, NM 87106 Ronell Brown, 848-1333

Wainwright Manor Meal Site 5601 Gibson SE, Alb, NM 87108 Janie Moya, 764-1524

Whispering Pines

#6 Lark Road, Tijeras, NM 87059 Lorraine Ortiz, 281-8003



Presenting Albuquerque's Rich Cultural Tapestry

What a perfect complement to one another—Senior Affairs and Cultural Services! In this Activities Catalog, the Department of Senior Affairs and the Cultural Services Department join together to show our fine city's rich variety of activities and services available to Seniors and their families.

City of Albuquerque Department of Senior Affairs

The City of Albuquerque, Department of Senior Affairs, has been serving Albuquerque and Bernalillo County residents for more than thirty years. Through innovative programs and quality services, the Department has evolved into an exemplary model, dedicated to enriching and improving the lives of our community's senior population.

Senior Affairs offers people age 50 and older a wide-array of services and opportunities. From services for active and healthy seniors to services for frail, homebound elderly, we provide activities and opportunities to involve you in our community and to promote active, healthy aging, as well as a continuum of care especially designed to meet individual needs throughout the aging spectrum.

Membership: Any person wishing to participate at a senior center is required to obtain a membership card. Membership is \$13 a year and is valid at all six senior centers in Albuquerque, and the Manzano Mesa and North Domingo Baca Multigenerational Centers and all 50+ Sports & Fitness Centers. People who are 50 years and older may become center members; spouses of members, even if they are younger than 50 may also become members.

Mission: Provide opportunities that involve and assist seniors to achieve their potential, live in dignity and share their wisdom.

City of Albuquerque Cultural Services Department

City of Albuquerque, Department of Cultural Affairs oversees management of Albuquerque's public libraries, BioPark, museums, the KiMo Theatre, and more. Cultural Services also hosts special events throughout the year throughout the city.

Cultural Affairs At a Glance:

- Albuquerque/Bernalillo County Library System
- ABQ BioPark: Albuquerque Aquarium, Rio Grande Botanic Garden, Rio Grande Zoo, Tingley Aquatic Park
- Albuquerque Museum of Art and History
- Anderson-Abruzzo Albuquerque International Balloon Museum
- Harry E. Kinney Civic Plaza
- KiMo Theatre
- Old Town New Fun
- South Broadway Cultural Center
- Special Events
- GOV TV 16
- Public Art Urban Enhancement Program

Mission: The mission of the Cultural Services Department is to enhance the quality of life in the City by celebrating Albuquerque's unique history and culture, and providing services, entertainment, programs, and collections that improve literacy, economic vitality, and learning in state of the art facilities that enrich City life and increase tourism to Albuquerque.

Look for this logo for activities hosted by Cultural Services



If you have a membership (only \$13 a year) at one location, and are over age 50, you are entitled to participate in all our centers. If a trip or class is filled at your home center, a similar trip or class may be available to you at another.

Our Multigenerational Centers are for seniors, youth and the entire community age 6 and older. For only \$13 you can join our Multigenerational Centers. Currently we have two, Manzano Mesa and the brand new North Domingo Baca. Both centers have fitness rooms, classrooms, and meeting rooms. Manzano Mesa has a water sprayground, a fully automated aquatic play environment where all ages can get wet during the hot summer months.

The activities in this catalog are especially designed for those age 50 and older. Programs funded by the Older Americans Act and the Area Agency on Aging (Home Delivered Meals, Transportation, and Care Coordination) have a minimum age of 60. Some classes and trips require a fee. Other services, including lunch at out mealsites, may request a donation or nominal fee; however, no one is denied services for not contributing. For information on accessing other services, call Senior Information at 764-6400.

Unless otherwise noted:

- Activities are free with membership
- Trip and class sizes are limited
- Meals are at your expense.
- Activities are first-come first-served
- Unless there is alternative contact information in the listing, most activities require advanced reservations; reserve by calling the host center to sign up (a center directory is on page 3).
- Activities leave from or take place at the host center.
- Return times are approximate
- Class fees are usually payable to the instructor at the first class



General Information

AARP Defensive Driving

This one day, four-hour session class provides techniques for coping with changes in vision, hearing and reaction time, along with a "rules of the road" review. Anyone 55 and older may take this class and may receive a discount on insurance premiums. No tests are involved. \$12 for AARP members, \$14 for non-members. Make check payable to AARP and bring it to class. (Cash not accepted). Call for dates and to register.

Barelas, Room 4 3rd Wednesday, 1:00–4:00 pm

Manzano Mesa, Room 5 **1st & 3rd Sat,** 9:00 am–1:00 pm

Palo Duro, Ponderosa Pine 1st Friday, 8:30 am-12:30 pm

Bear Canyon, Room 4
3rd Thursday, 12:00 noon–4:00 pm
3rd Saturday,
11:00 am–3:00 pm

Highland, Room 7 1st Thursday, 12:15–4:15 pm

Los Volcanes, Room 2 1st Monday, 9:00 am–12:15 pm 9:00 am–12:15 pm, Brenner

North Valley, Room 4 1st Monday, 12:30–4:30 pm

Center Shops & Markets

Flea Markets at the Centers

Find special bargains, treasures and satisfy your sweet tooth. Reserve your table at the front desk.

Barelas, Social Hall **Thursday**, 8:00 am–1:00 pm \$2 table

Los Volcanes, Lobby Friday, 8:00 am-12:00 noon, \$2 rental

North Valley Wednesday, 8:00 am–12:00 \$1, \$1.50, \$2 rentals

Pajarito Meal Site 1st Friday, 9:00 am-12:00 \$1 rental

Bear Canyon, Patio Tuesday, July 19–September 27 9:00 am–1:00 pm \$5 rental

Manzano Mesa, Outdoors 1st Friday, July-October 8:00 am-1:00 pm, \$2 rental

Gift Shops

Buy a handmade gift made by seniors. You must be a center member to sell.

Los Volcanes, "Hot Spot" Monday–Friday, 9:00 am–1:00 pm Palo Duro, Desert Willow Gift Shop Monday–Friday, 9:00–3:00 pm

Friendship Coffee

Chat with old friends and make new ones over coffee and a special treat.

Barelas, Lobby/Social Hall Wednesday, 9:30–10:30 am

Palo Duro, Cottonwood Wednesday, 9:15–10:15 am

Bear Canyon, Social Hall Tuesday, 9:30–10:30

Manzano Mesa, Social Hall Thursday, 10:00–11:00 am

Los Volcanes, Social Hall Thursday, 10:00–11:00 am

North Valley, Social Hall Times vary, call for information

North Domingo Baca, Social Hall Last Tuesday, 10:15–11:15 am

Health

Health Insurance and Benefits Counseling

Bear Canyon, Lobby Every other Monday Call 291-6211 for schedule.

Manzano Mesa, Lobby 1st & 15th, 10:00–11:00 am

Medicare Assistance

North Valley, Library 1st & 3rd Tuesday, 9:00–10:00 am

Ask the Doctor

Discuss medical problems covering diagnosis, treatment and recovery.

Manzano Mesa, Room 4 2nd Tuesday, 10:00–11:00 am Dr. Francis Roe

Blood Pressure Screening

Barelas, Sitting Room 1st & 3rd Thursday, 11:00 am Ambercare

Bear Canyon, Room 3 Wednesday, 9:00–11:00 am

Palo Duro, Aspen Monday, 9:30–11:30 am

GEHM Clinic

Call for dates

Barelas, Sitting Room North Valley, Room 1 Los Volcanes North Domingo Baca Manzano Mesa, Lobby

Hearing

Lip Reading

Bear Canyon, Room 1 **Monday,** 12:30–1:30 pm \$5 materials, no registration required Jean Dugas

Hearing Aid Technician

Sandia Hearing Aids offers hearing aid technician services including maintenance, cleaning, changing batteries, wax removal and checking function. For all models—\$2 per hearing aid.

Bear Canyon 1st Tuesday, July, Sept, Nov 9:30–10:30 am

Los Volcanes 2nd Tuesday, every other month 9:00–10:00 am

Legal Clinic: Senior Citizen Law Office

Provides general legal information. Divorces, wills, and criminal issues are not included. Info: 265-2300.

Barelas, Room 4 3rd Tues, 1:00–4:00 pm

North Valley, Room 4 3rd Thursday, 9:00–11:00 am Advance Directive Workshop (Powers of Attorney, Cremation Authorization, EMS/DNR)

New Member Orientation

Staff will welcome new members and talk about the programs and services our centers have to offer.

Barelas, Room 2 4th Wednesday, 12:15 pm

Bear Canyon, Room 1 **2nd Friday,** 10:00–11:00 am

Notary Service

Available by appointment

Barelas, 764-6436 Palo Duro, 888-8105 Bear Canyon, 291-6211 North Valley, 761-4025

Recycling Bags

Bags are available at the front desk. Bring in your water bill coupon.

Barelas, Bear Canyon, Los Volcanes, Manzano Mesa, North Valley, Palo Duro. North Domingo Baca

Shopping Trips from Barelas

50¢ transportation. Sign up at front desk.

Wal-Mart Superstore Monday, 9:30–11:15 am

Pro's Ranch Market Wednesday, 9:30–11:15 am

Marie's Ceramics 1st Tuesday, 9:15–11:15 am

Volunteer Opportunities

If you have time, talents, skills, or hobbies you would like to share, please call the center of your choice.

Public Art

The Arts Board (the appointed body that makes the majority of the decisions for the Public Art Program) meets every second Wednesday of the month at 4:00 pm in room 7026 on the 7th floor of old city hall. The public is welcome to attend. The link to our arts board and staff info is http://www.cabq.gov/publicart/board-staff

Subscribe to the Public Art Urban Enhancement E-Newsletter to get the latest on public art and other city supported cultural programs. http://www.cabq.gov/publicart/e-newsletter-archive

Schedule an informative Public Art Slide Show and talk during your club's meeting or program. Once a month the Public Art Program offers civic clubs and organizations a 1-hour slide show and lecture about public art in Albuquerque. Schedule a public art presentation for your group by calling Becky Holtzman at 505-768-3676.

Activities are free with membership unless otherwise noted



Trip Policies

- To register for trips, present your membership card with your payment.
- Make checks payable to the City of Albuquerque.
- Reserve in person and pay in full.
- Cancel at least 3 days in advance.
- For overnight, day trips, or performances that require an advanced payment, a refund will be provided if a replacement is found.
- Meals are at your expense.
- Remain with group for the entire trip.
- Return times are approximate.
- We require a two-week notice for special accommodations.
- Mileage charges for van use are 5¢ per mile per person and may include driver costs.
- Requests for refunds must be made within 2 weeks of cancellation.

Trip Accessibility

To provide more information on wheelchair accessibility, we are collecting accessibility feedback from trip participants. Those with other disabilities or limited stamina can also use this information to make more informed decisions. We do our best to accurately assess each trip, but we cannot guarantee rating accuracy. If you have questions or concerns about accessibility, call the destination directly for more information.

Accessible sites are identified with a wheelchair symbol and a letter "a."



Sites with one or more known inaccessible features will show the wheelchair symbol in Inaccessible gray; some sites are un- Features rated because of conflicting or unavailable information.

Monthly Trips

Ride and Glide with Ron

Enjoy fun-filled trips to mystery destinations. Ron will see to it that you have a wonderful time just exploring the natural beauty of our state.

Bear Canyon Wednesday, July 6 Friday, August 26 Tuesday, September 20 Thursday, October 20 Monday, November 21 Wednesday, December 14

North Domingo Baca Wednesday, July 27 Thursday, August 18

Check in: 8:00 am • Return 4:00 pm \$6.50 transportation, 5ϕ /mile if trip exceeds 100 miles

Ride and Roam with Ron

Join us for a mystery trip somewhere in New Mexico. You are guaranteed to have a fun filled day.

Palo Duro Friday, July 22 Monday, August 8 Friday, September 16 Monday, October 10 Wednesday, November 16 Wednesday, December 7

Check in: 8:00 am • Return: 4:00 pm 5¢/mile, paid upon return

Lunch Bunch

Visit a variety of restaurants in and around town and enjoy a wonderful meal with old and new friends.

Bear Canyon 4th Thursday, July 28, Aug 25, Sept 22, Oct 27, Nov 17, Dec 15 Check in: 10:45 am • Return 2:00 pm 50¢ transportation

Out-To-Dinner

Experience the ambience and fare at a variety of area restaurants while enjoying the company of friends.

Bear Canyon 1st Monday, July 11, Aug 1, Sept 12, Oct 3, Nov 7, Dec 5 Check in: 5:00 pm • Return 8:30 pm 50¢ transportation



Palo Duro presents... A "Fare" To Remember

Trips Leave Palo Duro • Sign up at the front desk Meals at your own expense

El Farol

El Farol is Santa Fe's oldest restaurant and cantina—the heartbeat of Santa Fe. Lunch options range from soups, salads, sandwiches, tapas, entrees to paella.

Friday, July 29 Check in: 10:30 am • Return: 2:00 pm \$7.50 transportation

Rancho de Chimayo

Located in a restored, century-old adobe home, and surrounded by 3 mountain ranges, the restaurant serves the finest native New Mexico cuisine. Enjoy appetizers, salads, and entrees. Special lunch menu offered.

Wednesday, August 24 Check in: 9:30 am • Return: 3:30 pm \$9.50 transportation

Socorro Springs Brewing Company

The menu combines the best in ingredients with the heat and flavor of wood fired grill and oven to create unique and delicious entrees, pizzas, and vegetarian dishes.

Tuesday, September 27 Check in: 10:00 am • Return: 3:00 pm \$9 transportation

Landmark Grill in the Plaza

Good salads, sandwiches, burgers, pasta, and Mexican dishes in the historic Plaza Hotel, on the plaza, in Las Vegas, NM.

Tuesday, October 25 Check in: 9:00 am • Return: 4:00 pm \$13 transportation

Pete's Restaurant and Cantina

Be sure to skip breakfast and be prepared to call for a take-out box. Pete's serves a very good Mexican menu, as well as sandwiches and salads.

Wednesday, November 30 Check in: 10:30 am • Return: 2:00 pm \$2.50 transportation

Café Green

Café Green is a contemporary American bistro with a down-home, American style cooking, offering only the freshest and best ingredients. The menu includes sandwiches, salads, wraps, soups, and appetizers.

Thursday, December 1 Check in: 10:30 am • Return: 2:00 pm \$1.50 transportation

Trips are first-come first-served. Most require advance registration. Call the host center to sign up. Meals at your expense unless otherwise indicated.



Day Trips

July

Las Colinas Village

Spend the afternoon as the guest of the Las C olinas retirement community including a tour and complementary lunch.

Palo Duro Friday, July 8

Check in: 10:30 am • Return: 2:00 pm 50¢ transportation, free lunch

Mariachi Spectacular de Albuquerque

Come watch this display of national musicians and dancers perform and compete for top prizes.

Barelas Friday July 8

Friday, July 8 Check in: 5:00 pm • Return: 9:00 pm 50¢ transportation

Manzano Mesa Friday, July 8

Check in: 5:00 pm • Return: 9:00 pm 50¢ transportation

North Domingo Baca Friday, July 8

Check in: 5:00 pm • Return: 9:00 pm \$1 transportation

North Valley Friday, July 8

Check in: 5:30 pm • Return: 8:30 pm \$1 transportation

Bear Canyon Friday, July 8

Check in: 5:00 pm • Return: 9:00 pm \$1 transportation

Los Volcanes Friday, July 8

Check in: 5:00 pm • Return: 9:00 pm \$1 transportation

Magdalena

Held yearly for over 30 years, the Old Timers' Festival, has become a popular high country event. There are plenty of fun things to see and do, including a parade, mini-cattle drive, rodeos, fiddlers contest, Spanish Village, Indian Village, western dance and song, and lots of good food.

North Valley Saturday, July 9

Check in: 7:15 am • Return: 5:00 pm \$13 transportation

Telephone Museum of New Mexico

Visit the charming 1906 building that includes three floors of communication equipment in unique exhibits. You will enjoy the variety of switchboards that were once the "link to the world." As you walk through the museum, watch for the 2000-pound, seven-foot bronze medallion.

North Valley Friday, July 15

Check in: 9:45 am • Return: 2:00 pm \$2 transportation, \$2 admission

Retirement Communities Tour

It's never too early to explore mature living options. Join us as we visit two local retirement communities. We will start out at Villa Nueva and then head over to the Woodmark for a tour and lunch.

Bear Canyon Wednesday, July 20

Check in: 8:45 am • Return: 2:00 pm 50¢ transportation, free lunch



Purple Adobe Lavender Farm

Tour the lavender fields and sample cuttings from all varieties. Enjoy the scent of the lavender used for bath and body products, and our dessert lavender...it is so sweet. There will be lots of time for questions and answers, and discussions on how you can grow lavender in your own garden. Relax under our giant cottonwood trees, sip on some lavender iced tea and enjoy something sweet to eat. Visit the gift shop and watch as we steam distill lavender and sample the freshly made essential oil from our lavender fields.

Los Volcanes Friday, July 22

Check in: 7:35 am • Return 3:30 pm \$14.50 transportation, \$15 admission

Santa Fe Farmer's Market

Enjoy the flavors, aromas and colors of New Mexico with the freshest, locally grown produce around. Shop for dried foods, baked goods, jams, jellies, honey and handmade items.

Manzano Mesa Saturday, July 23 Check in: 7:30 am \$8 transportation



Meals are at your own expense unless otherwise stated

Isotopes Game

Grab your cap and glove and get in the swing as the Isotopes play New Orleans.

Barelas Monday, July 25

Check in: 11:15 am Return: end of game

\$2 transportation, buy ticket at gate

Bear Canyon Monday, July 25 Check in: 10:45 am

Return: end of game

\$13.50 transportation and admission

Rio Grande Council of Government

Have you ever wondered how the Transit and Railrunner operate? Take a tour with Robert Matteucci and see how it all comes together. After the tour you will have lunch at a Downtown restaurant.

Palo Duro Tuesday, July 26

Check in: 8:45 am • Return: 3:00 pm \$1.50 transportation

The Specialty (Candy) Shop

The expert candy makers will show you how to work with chocolate, candy molds, lollipops, chocolate dippings and clusters. Have a sweet ol' time and enjoy the fruits of your labor. We will stop for lunch nearby.

Bear Canyon Tuesday, July 26

Check in: 8:45 am • Return: 2:00 pm \$12 for class, \$3 transportation

Harvey House Museum

The Harvey House Museum is home to the Valencia County Historical Society and the Belen Model Railroad Club. The museum's central "gallery" space (originally the Harvey House lunchroom) features different art and cultural exhibitions each month. The Museum Gift Shop sells railroad, Harvey House and Valencia County related items.

Los Volcanes Tuesday, July 26

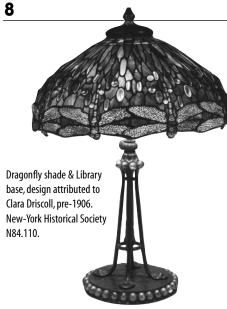
Check in: 10:15 am • Return: 3:30 pm \$2 transportation, admission free

White Water Rafting in Taos

An adventure for both, athletes and non-athletes alike, this trip features an action packed 5-mile adventure in moderate white water. In July, the river is expected to be high, which will be challenging and require strength and physical ability. For those with less athletic ability, you can select the Float, which will be set in at a different part of the river and will allow you to experience gentle waves. Bring a sack lunch and dry clothes for the ride back home. Advanced ticket purchase is required. Please refer to the refund policy for cancellations.

Bear Canyon, Thursday, July 21, Check in: 9:00 am • Return: 6:30 pm \$67.50 transportation and admission





The Albuquerque Museum "Tiffany Exhibit"

Louis Comfort Tiffany was by far one of the most recognized designers of his time in decorative arts, especially stained glass. Enjoy this tour of leaded glass windows, lamps and other luxury objects that have been long hailed as icons of American design.

Palo Duro Tuesday, August 2 Check in: 9:15 am • Return: 3:00 pm

\$1.50 transportation, \$2 admission

Albuquerque Concert Band Singing Arrow Park

The Concert Band is an all-volunteer organization with dedicated, highly-skilled performers. They have been elevating the Albuquerque cultural community with fabulous performances for more than 40 years. Bring your chairs, blankets, picnic, and coolers.

Bear Canyon Wednesday, August 3 Check in: 6:00 pm • Return: 8:45 pm 50¢ transportation

North Domingo Baca Wednesday, August 3 Check in: 6:00 pm • Return: 8:45 pm 50¢ transportation

Cultural Sunset

Watch the beautiful New Mexico sunset while enjoying multi-cultural performers in native costumes, with time for dinner at a local restaurant.

North Domingo Baca Thursday, August 25 Check in: 5:00 Return: 8:30 pm 50¢ transportation



Trips are first-come first-served. Most require advance registration. Call the host center to sign up.

Botanic Garden Summer Night

Enjoy the cooling summer air while listening to the popular music of "Le Chat Lunatique" with time for dinner at a local restaurant.

North Domingo Baca Thursday, July 28

Check in: 5:00 pm • Return: 9:00 pm 50¢ transportation

Zoo Music Concert Series

Bringing together the talents of Jeff Kashiwa, Steve Cole and Kim Waters, The Sax Pack plays original music, as well classic funk, R&B and jazz tunes, will get make you want to dance. Backed by a tight rhythm section, they combine their life-long love of music and their passion for performance, to make an impact on audiences that love music as much as they do. Food, beverage, blankets, and chairs

Bear Canyon Friday, August 5

welcome.

Check in: 5:00 pm • Return: 10:00 pm \$2.50 transportation, \$5 for 65+, \$10 under 65 admission

Los Volcanes Friday, August 5

Check in: 5:00 pm • Return: 10:00 pm \$2.50 transportation, \$5 for 65+, \$10 under 65 admission

Taos, Rio Grande Gorge

The Rio Grande Bridge is one of the most incredible attractions of the Gorge. The bridge is 500-feet long and is the second highest cantilever truss bridge in the United States. You can walk along sidewalks and take in the beautiful view from this area. We will also visit the oldest museums in Taos and take a tour of the San Geronimo church.

North Valley Friday, August 5 Check in: 7:00 am • Return: 6:30 pm \$23 transportation

Explora! Museum: Designing Paquime Pottery

For all ages. This trip includes 1-hour access to the museum exhibits and a 1-hour class. After the museum we will picnic at the park. Bring a sack lunch, water, and a blanket or chair.

Explore techniques, designs and materials used by potters from the ancient site of Paquime, in Chihuahua. Using a variety of materials and natural pigments, you can make your own pottery and homemade paintbrushes in the Paquime style.

Bear Canyon Wednesday, August 10 Check in: 9:00 am • Return: 3:00 pm \$1.25 transportation, \$8.50 admission and class

NM Museum of Natural History and Science "Dynamax Theater"

The newly renovated "Dynamax Theater" is now in 3-D and is bound to fascinate all movie theater buffs. After the movie we will have lunch in Old Town.

Palo Duro Wednesday, August 10 Check in: 9:15 am • Return: 2:30 pm \$2.50 transportation, \$6 admission

Bandelier National Monument

Explore Frijoles Canyon, which contains a number of ancestral pueblo homes, kivas (ceremonial structures), rock paintings and petroglyphs. Some of the dwellings were built on the canyon floor; others were "cavates" produced by voids in the tuff of the canyon wall and enlarged by human action.

Manzano Mesa Friday, August 12 Check in: 7:30 am Return: 5:00 pm \$8 transportation, bring a sack lunch

Old Town Moonlight Ghost Tour

The ghost's of wild saloons, roaring dance halls, illicit opium dens, and private gambling tables (and the lynchings, hangings and gunfights accompaning the activity of these establishments) are detailed in this 90minute full moon tour.

North Domingo Baca Friday, August 12

Check in: 9:00 pm • Return 12:00 am 50¢ transportation, \$18 ticket

Zia Feast Day

An important event in Pueblo life and one which is sure to interest visitors. See wonderful traditional costumes and ceremonies.

Los Volcanes Monday, August 15 Check in: 10:15 am • Return: 3:00 pm \$2 transportation

Santa Rosa

Visit the Blue Hole where many learn to scuba dive. Other attractions include the Route 66 Auto Museum, the natural lakes, and Puerto de Luna an ancient, once thriving adobe village. Lunch at a local restaurant.

North Valley Friday, August 19 Check in: 8:00 am • Return: 4:30 pm \$13 transportation

Isotopes Game

Get in the swing as the Isotopes play the Memphis Redbirds.

Manzano Mesa Sunday, August 21 Check in: 11:30 am Return: end of game \$2 transportation, buy ticket at gate

DSA Phone Numbers

764-6400 Senior Information Line North Domingo Baca 764-6475 50+ Fitness Office 764-6494 764-6436 Barelas Bear Canvon 291-6211 Highland (closed) 256-2000 836-8745 Los Volcanes 839-3710 Los Volcanes Fitness Ctr. 275-8731 Manzano Mesa 761-4025 North Valley Palo Duro 888-8102 Palo Duro Fitness Ctr. 880-2800



See page 10 for more BioPark activities

Look for this logo for activities hosted by Cultural Services



33rd Annual NM Aging and Long Term Services Conference

This 2-day conference offers seniors and professionals a chance to learn and have fun in an environment of support for senior independence and dignity. Participate in workshops, enjoy entertainment, hear speakers, and meet folks from all over the state. Held at the Isleta Conference Center, Hard Rock Hotel and Casino, lunch is not included. Registration packets available atwww.nmaging.state.nm.us or at the front desk.

Bear Canyon Tuesday, August 23

50¢ transportation, \$35 both days \$20 one day (seniors age 55+)

Los Volcanes Wednesday, August 24

Check in: 8:00 am • Return: 5:30 pm \$3.50 transportation, \$35 both days \$20 one day (seniors age 55+)

Ojo Caliente

Ojo Caliente is the only natural hot springs in the world with the remarkable combination of five bubbling waters. Each is pleasantly pleasing to your senses. Long before the Spaniards described this deep volcanic aquifer as the "hot eye" and even before the early Indian peoples gathered at these ancient springs, the waters have been flowing steadily from a source deep below the earth's surface.

Barelas Wednesday, August 24 Check in: 8:15 am • Return: 4:45 pm

Los Volcanes Thursday, August 25

Check in: 7:30 am • Return: 4:00 pm

\$9 transportation, \$18 mineral bath (includes all day access to pools and steam baths) other services at your own expense. Bring a lunch or purchase one at the Artesian Restaurant.

> Meals are at your own expense unless otherwise stated

What's Happening at the Albuquerque Museum of Art & History





A New Light on Tiffany: Clara Driscoll and the Tiffany Girls

North Gallery • May 8-Aug 21, 2011

Organized by the New York Historical Society, this exhibit documents the experience of a New York working-woman at the turn of the century and tells the stories of the many women who designed and created some of Tiffany Studio's greatest works of glass. It features approximately 60 Tiffany lamps, windows, mosaics, enamels, and ceramics.

Gronk Special Event

July 19-31

After designing the set for this summer's Santa Fe Opera production of Vivaldi's "Griselda," internationally renowned artist, Gronk, will be in residence at the Albuquerque Museum. There he will create a site specific and temporary, monumental mural in front of museum visitors. While he maintains a serious focus on painting, the artist is also always willing to engage visitors in discussion. At the end of the exhibition period, the mural will be painted over and exist only in the museum visitor's memory.

Albuquerque Lower Gallery • Through Dec 2011

Four Centuries: A History of

This on-going exhibit depicts the history of Albuquerque and its surrounding region. Topics to explore include early maps, arms and armor, Spanish weaving, colonial life, vaqueros, and trade routes such as El Camino Real and the Santa Fe Trail. This comprehensive exhibition allows viewers to "walk through history." Four Centuries is a portrayal of Albuquerque history that supports district standards in social studies and promotes appreciation of our cultural heritage.

Hispanic Traditional Arts of New Mexico

North Gallery Sept 18, 2011-Jan 8, 2012

Featuring items from one of the finest collections of Spanish Colonial arts. this exhibit will include santos (Catholic folk images of saints), textiles, straw appliqué, furniture and wood carving, and tinwork. The exhibit includes history and objects from the 18th and 19th centuries to works by contemporary artists.

The Albuquerque Museum of Art and History • 2000 Mountain Road NW Tue-Sun, 9:00 am-5:00 pm • Closed Mondays, Thanksgiving, Christmas and New Year's Day. \$2 Senior (65 & older), \$3 Adult* (19-64), \$3 Teen (13-18), \$1 Child (4-12), children 3 and younger free (*\$4 Non NM resident adults)

Miniatures & More 2011

West Gallery • Oct 23-Dec 4, 2011

Exhibit and sale of small-scale works.

Albuquerque Along the Rio Grande

Dec 23, 2011-Jan 2013

This exhibit features more than fifty of Albuquerque's iconic artifacts representing more than 700 years of history in the Central Rio Grande Valley. Icons, also tells the story of the Civil War in Albuquerque, which was occupied by the Confederates 150 years ago, between February and April, 1862.

Casa San Ysidro: The Gutiérrez-Minge House



The Albuquerque Museum's historic Casa San Ysidro is located in the Village of Corrales. The original home, built by the Gutiérrez family, dates to the 1870s. Today Casa San Ysidro also includes Alan and Shirley Minge's recreation of a 19th century rancho, complete with a small family chapel, a central plazuela and an enclosed corral area.

Casa San Ysidro

973 Old Church Rd, Corrales \$4 adults; \$3 seniors (65+) and students (13+); \$2 children (12 and under)

Guided Tours: June, July and August

Wed-Fri: 9:30 am, 1:30 pm; **Sat:** 9:30 am, 10:30 am, 1:30 pm; **Sun:** 2:00 pm

September-November; February-May

Wed-Sat: 9:30 am, 1:30 pm; **Sun:** 2:00 pm http://www.cabq.gov/

museum/history/casatour.html

ABO BioPark

The ABQ BioPark is the Zoo, Botanic Garden, Tingley Beach and Aquarium. The BioPark offers a variety of events from live music to educational enrichment activities for all ages.



9:00 am–5:00 pm: daily; Extended Summer Hours (Memorial Day–Labor Day): 9:00 am–6:00 pm: Saturdays, Sundays, Memorial Day, July 4, and Labor Day. Closed Jan. 1, Thanksgiving, and Dec. 25. Tingley Beach is Free an open year-round from sunrise to sunset.

BioPark Combo Ticket (Zoo, Aquarium, Garden and Train Rides) \$12 Adult; \$5 Child (3-12) or Senior (65+)

Zoo Music

JUL 15 The Eliza Gilkyson Trio, Folk

JUL 22 The Elders, Celtic Rock

Jul 29 Junior Brown, Jazz/Blues Guitar

AUG 5 The Sax Pack, Jazz

Zoo, 903 10th Street SW **Friday,** 6:00–9:00 pm \$10 adults, \$5 seniors (65+), \$3 children (3–12), children 2 and younger free

Summer Nights at the Botanic Garden

JUL 14 Seamus Kennedy, Celtic

JUL 21 Po' Girl, folk/blues

JUL 28 Le Chat Lunatique, swing/jazz

AUG 4 Asper Kourt, acoustic rock

AUG 11 The Jimmy Stadler Band, variety

AUG 18 Lucy Kaplansky, original folk

Botanic Garden and Aquarium 2601 Central Avenue NW Thursday, 6:00–9:00 pm \$10 adults, \$5 seniors (65+), \$3 children (3–12), children 2 and younger free

Zooper Wednesdays!

From June 1 through August 31, the Zoo, Aquarium and Botanic Garden will be open until 8 pm on Wednesdays.

Tickets for Zooper Wednesdays are discounted!

\$5 for adults and \$2 for seniors (65+) and children (3-12).

Brown Bag Seminars at the Zoo, Aquarium and Garden

Lectures take place twice a month from 12:45–1:30 pm (on a Thursday and a Saturday), alternating between the Aquarium, Garden and the Zoo locations.

No Brown Bags in July

AUG 4 Zoo seminar (topic Tingley Beach)

AUG 6 Zoo seminar (topic Tingley Beach)

SEP 8 Zoo seminar

SEP 10 Zoo seminar

OCT 1 Botanic Garden seminar

OCT 3 Aquarium seminar

OCT 6 Botanic Garden seminar

Nov 5 Aquarium seminar

Zoo lectures are included with regular admission. **Aquarium and Garden lectures**, no fee For information: (505) 848-7180

Evening and Night Walks

Experience the sights and sounds of the zoo, and botanic garden on these guided tours. Fees vary.

JUL 12 Twilight Tour at Zoo, 6:30–8:30 pm

JUL 26 Night Walk at Botanic Garden, 7:30–9:00 pm

Aug 2 Twilight Tour at Zoo, 6:30–8:30 pm

AUG 9 Night Walk at Botanic Garden, 7:30–9:00 pm

Tour info and to register: **Zoo** (505) 764-6214 **Botanic Garden** (505) 848-7180



Overnight at the Aquarium

Pack your pajamas and pillow for the ultimate sleepover! Explore the Aquarium at night and learn about ocean animals and their nighttime behavior. Visit the Touchpool, play a game, get crafty (we provide ideas and supplies) and take in a marine movie at the Aquarium theater.

August 19–20, Sept 30–Oct 1, Oct 14–15, Nov 18–19 Friday, 7:00 pm through to Saturday 8:00 am

Info and to register (505) 848-7180 \$30/person, Pre-registration required. Children under age 18 must be accompanied by an adult.

Special Event Calendar

Most of these events require facility admission and some an additional fee to participate (\$).

JULY

Dragonfly Festival at Botanic Garden, 10:00 am–2:00 pm

Destination Dinner: Life on the Farm at Botanic Garden, 7:00–9:00 pm (\$)

Summer Discovery Day at Zoo, 10:00 am–2:00 pm

AUGUST

27 Elephant Conservation Day at Zoo, 10:00 am–2:00 pm

27–28 African Violet Show & Sale at Botanic Garden

SEPTEMBER

3 International Vulture Awareness Day at Zoo, 10:00 am–2:00 pm

Destination Dinner:
Australian Walkabout
at Zoo, 7:00–9:00 pm (\$)

OCTOBER

8–9 Harvest Festival at Botanic Garden, 10:00 am–2:00 pm daily

15–16 Train Tracks in Your Garden Train Show

21–23 Wolf Awareness Days at Zoo, 10:00 am–2:00 pm daily

29 Zoo Boo, 11:00 am-4:00 pm

November

26 River of Lights at Botanic Garden (\$) continues through December 23

30 Holiday Nature Crafts at Botanic Garden, 6:00–7:30 pm

ДЕСЕМВЕК

6–31 December Garden Holidays

7 & 14 Holiday Nature Crafts at Botanic Garden, 6:00–7:30 pm



Volunteer Opportunities

JUL 20 Horticulture Volunteer Orientation, 9:30 am–12:00 noon

Aug 4 New Volunteer Orientation at Zoo, 11:00 am–12:00 noon

SEP 9 Touchpool Volunteer Training at Aquarium, 9:30 am–3:30 pm

SEP 13 Greeter Training at Aquarium/Botanic Garden, 9:30 am-12:00 noon

Oct 19 Horticulture Volunteer Orientation at Botanic Garden, 9:30 am–12:00 noon

Chuckwagon Supper and Music Festival at Wild West Nature Park in Edgewood

Supper includes a traditional chuckwagon show, including a barbecue dinner, wildlife presentation, plus a western music show or bluegrass band. The barbecue dinner includes brisket, chicken, ranch beans, baked potato, rolls, applesauce, cookies, lemonade, coffee, and water. Bring a jacket or sweater—evenings can be cool.

Los Volcanes Saturday, August 27

Check in: 4:30 pm • Return: 9:30 pm \$5 transportation, \$19 admission includes dinner and entertainment

Uptown Growers' Market

The Growers' Market is the place to buy locally grown produce and locally made crafts. All produce is picked within 24 hours of being available at the Growers' Market. When we are all done we will shop at Trader Joe's then enjoy lunch at The Elephant Bar.

North Valley
Tuesday, August 30
Check in: 8:30 am • Return: 2:00 pm
\$1.50 transportation

Arrow's Ridge

Join us for a getaway and luncheon at the Arrow's Ridge Resort in Ribera. The afternoon will include a tour of the beautiful bed & breakfast, a delicious four-course meal as well as leisure time for relaxing or taking a walk around the property.

Palo Duro Wednesday, August 31

Check in: 8:30 am • Return: 4:30 pm \$13 transportation, \$25 includes meal and tour

Bear Canyon Thursday, September 1

Check in: 9:00 am • Return: 4:30 pm \$13 transportation, \$25 includes meal and tour

Return times are approximate.

Most activities require advance registration. Call host center for information and to reserve.



The crowning achievement of Archbishop Lamy's church construction, Saint Francis Cathedral, is just north of La Fonda Hotel. Built in 1869 and designed in the French Romanesque style, the building is alien to the Spanish heritage of Santa Fe but is still one of its greatest landmarks.

A Day in Santa Fe

Board the Rail Runner in Albuquerque at 10:47 am and arrive in Santa Fe at 12:13 pm. Shop and have lunch and return by Rail Runner at 4:10 pm to arrive in Albuquerque at 5:23 pm.

Manzano Mesa
Monday, September 12
Check in: 9:30 am • Return: 6:30 pm
\$3 transportation, \$6 train ticket

Open Space Visitor Center

Learn about the Open Space program. The Visitor Center has exhibits interpreting the amazing natural and cultural resources Open Space protects. It also features an art gallery, agricultural fields that draw a variety of wildlife and stunning views of the Sandia Mountains. Wear comfortable shoes.

Bear Canyon
Tuesday, September 6
Check in: 8:45 am • Return: 2:00 pm
50¢ transportation, bring a sack
lunch and water

Cimarron NM and St. James Hotel

Cimarron, New Mexico is the Historic Heart of the West; join us as we visit the Northern NM town that was established in 1857. We will visit a most unusual museum and the haunted St. James Hotel.

North Valley
Thursday, September 8
Check in: 7:00 am • Return: 6:00 pm
\$25 transportation

The historic St. James Hotel in Cimarron. As legend has it, the St. James is haunted by the ghost of a cowboy, shot in a dispute over a hand of poker. On Santa Fe Trail National Scenic Byway.

Christ in the Desert Monastery Overnight Trip

The Monastery is situated in a beautiful canyon in northwestern New Mexico (Abiquiu), surrounded by miles of government-protected wilderness, thus assuring and promoting solitude and quiet for the cenobitic life. The chief architect of the original monastery was Geroge Nakashima, famous Japanese-American woodworker and architect. The electricity and water-pumping at the monastery is solar-powered, as sunshine is plentiful throughout the year. On Thursday we will stop in Santa Fe, shop and have lunch before we head to the monastery. This is a twoday overnight trip.

Los Volcanes
Thur–Sat, September 8–10
Check in: Thursday, Sept 8, 10:00 am
Return: Saturday, Sept. 10, 2:30 pm

\$122.50 single occupancy for (2) nights—includes all meals at the monastery. \$92.50 double occupancy for (2) nights—includes all meals at the monastery. Transportation and cost of rooms is included in the price, lunch on your own in Santa Fe.

¡Explora! Museum: In the Defense of Spiders

For all ages. This trip includes 1-hour access to the museum exhibits and a 1-hour class. After the museum we will picnic at the park. Bring a sack lunch, water, and a blanket or chair.

An interactive courtroom drama will not determine the fate of spiders...or will it? You decide! Audience members play a part in this test of arachnid justice.

Bear Canyon
Wednesday, September 21
Check in: 9:00 am • Return: 3:00 pm
50¢ transportation, \$7.50 includes
museum admission and class



Nambé Falls

Spend the day sightseeing at the beautiful and majestic Nambé Falls and Reservoir area. You can also hike our scenic trails or picnic at the Nambé Falls recreation area. A fifteen-minute hike along the shaded cottonwood trails takes you to the base of Nambé Waterfalls, three of the most spectacular natural falls in the Southwest! Wear comfortable shoes and you may want to bring a camera.

Bear Canyon
Thursday, September 15
Check in: 8:00 am • Return 4:00 pm
\$7.50 transportation, bring a sack
lunch and water

Senior Day at the New Mexico State Fair

You will have plenty of time to explore the grounds and see the many multi-cultural exhibits, sample all the delicious foods, and shop for something special. Please wear sensible shoes, bring a water bottle, hat and sunscreen for your comfort. Dates to be announced. Check in at 9:00 and return at 3:00 pm. Admission and lunch at your own expense.

Bear Canyon \$2 transportation

Barelas

\$2 transportation

Los Volcanes

\$2 transportation

Manzano Mesa \$2 transportation

North Domingo Baca

\$1 transportation

North Valley

\$1 transportation

Palo Duro

\$1 transportation

Arts in the Park

Featuring a variety of music, dance and theatre performances while artisans display and sell their artwork. Food vendors will be onsite.

Manzano Mesa
Sunday, September 18
Check in: 12:15 • Return: 5:30 pm
50¢ transportation

North Domingo Baca Sunday, September 11 Check in: 12:15 • Return: 5:30 pm 50¢ transportation

& Arts in the Park





Arts in the Park features a variety of music, dance, theater and arts in neighborhood parks. Take a blanket and the family and enjoy the activities and show. Art and food is available to purchase.

Sundays, 1:00-5:00 pm • Free

SEP 11 NM Veterans Memorial Park, 1100 Louisiana SE Program TBD

SEP 18 Balloon Museum Park, 9201 Balloon Museum Drive NE Featuring: The Real Matt Jones, Asper Kourt, and Sage Harrington

SEP 25 Carlos Rey Park, 10601 Benavides Rd SW Featuring Mezcla Latina and The Electric Edric Project

OCT 2 El Oso Grande Park, 10600 Osuna Rd NE Featuring: The Chuck Hawley Group and Rhythm and 53rd



Dixon Apple Farm

The Dixon family has been growing apples in the Jemez Valley of New Mexico for several decades. Now's your chance to taste and purchase the award winning Champagne and Burgundy apples and cider, observe the cider press, and walk through the lovely orchard. Bring your own picnic lunch, wear sensible shoes, and bring a hat, sunscreen and water bottle for your comfort.

Los Volcanes Thursday, September 22 (date subject to change)

Check in: 8:30 am • Return: 2:00 pm \$6 transportation, bring a sack lunch

North Valley Thursday, September 22

(date subject to change) Check in: 7:30 am • Return 3:00 pm \$6 transportation, bring a sack lunch

Barelas

Thursday, September 29

Check in: 9:00 am • Return: 3:00 pm \$6 transportation, bring a sack lunch

Constanza Orchards

The apple season is here for red and golden delicious and gala. They also have produce from their vegetable garden and honey available.

Bear Canyon Monday, September 26

Check in: 9:30 am • Return: 3:00 pm \$6 transportation, lunch at Pete's Cafe in Belen

Manzano Mesa

Date to be announced

Check in: 7:30 am • Return: 2:00 pm \$6 transportation, bring a sack lunch



Geronimo Springs Museum

The museum contains mammoth and mastodon skulls, prehistoric Mimbres pottery to the Apache and many more artifacts. We will shop, visit galleries, and maybe even bathe in the famous hot springs and have lunch at a local restaurant.

Palo Duro Wednesday, September 28

Check in: 8:00 am • Return: 6:00 pm \$15 transportation, \$3 admission

Salman Raspberry Ranch

The Salman Ranch has been growing raspberries since 1982, and opened their fields to the public in 1993. The berry harvest produces hundreds of flats of fresh hand picked berries that are sold at the Salman ranch store. You will also be able to pick your own berries at the "U Pick It" field.

Los Volcanes

Thursday, September 29

Check in: 7:15 am • Return: 4:00 pm \$16.50 transportation, lunch at your own expense or bring a sack lunch

See page 20-21 for Old Town events.

Shaffer Hotel and Restaurant

The Shaffer Hotel stands as a land-mark and tourist attraction all on its own. In fact, it has been said that Pop Shaffer still roams the halls. The Hotel has been recently remodeled without losing its quaint charm and historical importance. The Shaffer Restaurant, with its 1920's pueblo art deco ceilings, will enhance your dining experience. We will delight you with New Mexico's finest Mexican and southwestern delights.

Bear Canyon Thursday, September 29

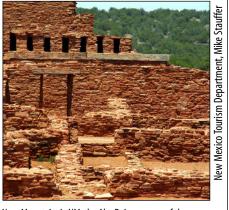
Check in: 9:00 am • Return: 4:00 pm \$6.50 transportation, lunch at your own expense at Shaffer Restaurant

Salinas Pueblo Missions National Monument

Visit the three units of the Salinas Pueblo Missions National Monument. The Abo, Quarai, and Gran Quivira ruins give you insight to the earliest meetings of Spanish missionaries and local Puebloan tribes. After our tour of the ruins we will head over to Shaffer Hotel and Restaurant to have lunch.

North Valley Tuesday, October 4

Check in: 8:00 am • Return: 4:00 pm \$8 transportation, lunch on your own



Near Mountainair, NM, the Abo Ruins are one of three nowabandoned Salinas Pueblos (Gran Quivira and Quarai are the other two) that now make up the Salinas Pueblo Missions National Monument. On the Abo Pass Trail Scenic Byway.

Golfernoggins Indoor Miniature Golf

The first Wednesday of every month is Senior Day at Golfernoggins. Come play indoor miniature golf and meet other Seniors from all over Albuquerque and Rio Rancho. Food will be available for purchase

Bear Canyon Wednesday, October 5

Check in: 9:15 am • Return 1:00 pm \$2 transportation, \$3.73 for 2 hours of golf.

Balloon Fiesta Special Shapes Glowdeo

The tradition of balloon glows began in Albuquerque in 1979, when local pilots inflated balloons on Christmas Eve night as a "thank you" to local residents. The sight of balloons lit from within at night, like giant holiday ornaments, is breathtaking, and "glow" events are now held all over the world. Balloon Fiesta launched its Balloon Glow—the world's biggest in 1987. Fiesta Glow "all burns" when all the balloons fire their burners and light up at the same time-are perhaps the most spectacular single moment in all of Balloon Fiesta. The Balloon Glows-followed by New Mexico's most spectacular fireworks displays—are now among Balloon Fiesta's most popular events.

Barelas

Thursday, October 6

Check in: 4:30 pm • Return: 9:00 pm \$3.50 transportation, plus admission

Manzano Mesa Thursday, October 6

Check in: 3:00 pm • Return: 9:00 pm \$3.50 transportation, \$6 entry fee

North Valley Thursday, October 6

Check in: 4:30 pm • Return: 8:00 pm \$3.50 transportation, plus admission

Los Volcanes Friday, October 6

Check in: 4:30 pm • Return: 9:00 pm \$3.50 transportation, \$6 entry fee

Most activities require advanced registration.
Call the host center for info and to reserve, see page 3 for center directory.

African American Performing Arts Center

Come with us as we explore Black History in New Mexico Exhibition. After we tour we will have lunch at the Cooperage.

Palo Duro Tuesday, October 18

Check in: 10:00 am • Return: 2:00 pm \$1.75 transportation, admission is free. lunch at your own expense

El Morro National Monument

Located on an ancient east-west trail in western New Mexico, the main feature of this National Monument is a great sandstone promontory with a pool of water at its base. As a shaded oasis in the western U.S. desert, this site has seen many centuries of travelers. Join us for a 2-mile hike or visit the visitor's center and museum.

Manzano Mesa Tuesday, October 11

Check in: 9:00 am • Return: 5:00 pm \$13 transportation, bring sack lunch

> Call the host center to reserve for events.

Events are free with membership unless otherwise stated.

White Sands National Monument Full Moon Bike Ride

Have you ever wondered what the dunes look like under the glow of the moon? Join us in this moonlight adventure. We will take a leisurely bike ride through the monument under a full moon where you will be able to see firsthand the dunes in a whole new light. We will spend the night in Alamogordo and return the following day. Bikes are provided. Reserve your spot early.

North Domingo Baca Friday, October 14 & 15 Check in: 4:00 pm \$29 transportation, \$5 admission Hotel and food on your own

Georgia O'Keefe Museum

The Georgia O'Keefe Museum, in Santa Fe, opened to the public in July 1997, eleven years after the death of the artist from whom it takes its name. Welcoming more than 2,100,000 visitors from all over the world and the most visited art museum in the United States that is dedicated to a single woman artist.

Los Volcanes Friday, October 21 Check in: 8:15 am Return: 3:00 pm \$9.50 transportation, \$5 entrance fee

McCall's Pumpkin Patch

Take a hayride to the pumpkin patch. Pick your own pumpkin from the field, try to find your way through the 16-acre corn maze, feed the farm animals and so much more.

Barelas

Monday, October 24 Check in: 9:30 am • Return: 3:00 pm \$1.50 transportation, admission fee,

bring a sack lunch or purchase lunch from local vendors at pumpkin patch

Hispanic Cultural Center

This beautiful campus is located along the banks of the Rio Grande in the historic Albuquerque neighborhood of Barelas. What began as a local small arts & crafts fair 29 years ago, has blossomed into New Mexico's prestigious exciting international event featuring 279 artisans. As we take a tour we will learn about Hispanic culture throughout the world.

Palo Duro

Tuesday, November 1

Check in: 10:00 am • Return: 3:00 pm \$1.50 transportation \$2 admission, lunch at La Fonda del Bosque.

Friday, November 4

Check in: 10:00 am • Return: 3:00 pm \$1 transportation, \$4 admission, lunch at your own expense

Cottonwood Mall

Lets go before the crowds get too large at the mall. At this time of year you can find a lot of great deals. Lunch at Red Robin.

North Valley Tuesday, November 8

Check in: 9:00 am • Return: 2:00 pm \$1 transportation

Buffalo Thunder Lodge

Do you hear the thunder? We do...it's luring us to the art gallery in the Buffalo Thunder Lodge, which houses a world class collection of Native American art.

Manzano Mesa Tuesday, November 15

Check in: 8:00 am • Return: 4:00 pm \$11 transportation, lunch at your own expense

Lunch and Holocaust & Intolerance Museum

We will have lunch at Cecilia's Mexican Restaurant downtown, and then take a tour of the museum.

North Valley Friday, November 18 Check in: 11:00 am • Return: 2:30 pm \$1 transportation

Anderson-Abruzzo Albuquerque International Balloon Museum

Stories in the Sky

Wednesday, July 6, 13, 20, & 27, 9:30 am • Free

Designed to engage even the youngest visitors with stories, music and movement, and engaging curiosity that expands the learning experience, "Stories in the Sky" was developed by the Museum's Curator of Education, Laurie Magovern, who leads the group each week.

Special Centennial Exhibit

A Century of High Flying: Science, Space and Sport. This new special exhibition will explore the many interesting roles lighter than air craft have played in the State of New Mexico—in tourism, top secret projects, stratospheric research, aerospace medicine, fine art and popular culture.

Lighter Than Air Fair

Visit the Balloon Museum during the Albuquerque International Balloon Fiesta.™ Activities and exhibits for the whole family.

Museum opens at 6:00 am during the Fiesta

Join us for lots of fun and interactive activities at the Balloon Museum during the Albuquerque International Balloon Fiesta. $^{\text{TM}}$



9201 Balloon Museum NE Tuesday-Sunday, 9:00 am-5:00 pm Closed Mondays, Christmas Day, and New Year's Day Information: (505) 768-6020

\$4 Adults: (\$3 NM Resident); \$2 Seniors (65+); \$1 Children (ages 4-12); Toddlers (3 and under) Free

Free admission on first Friday of every month and Sundays from 9:00 am-1:00 pm, except during Balloon Fiesta and when fee-based programs are offered at normally free times.





These large birds winter at Bosque del Apache National Wildlife Refuge in the tens of thousands. Their flights in formation decorate the Rio Grande corridor each fall and spring, and their unique honking sounds provide unique background music for the large refuge. On El Camino Real National Scenic Byway.

Bosque del Apache, Festival of Cranes

visitor's center.

Bosque del Apache is famous for the migratory flight of the Whooping and Sandhill cranes. We will tour a 12-mile loop, stopping at decks to view wonderful sights. You will have time to enjoy the many exhibits and gift shop at the

Los Volcanes Friday, November 18 Check in: 4:00 am • Return: 3:00 pm \$9.75 transportation

North Domingo Baca Friday, November 18 Check in: 12:30 pm • Return 7:30 pm \$10 transportation, dinner at the Owl

Bead Renaissance Show

The Bead Renaissance Show is a shopping experience for anyone who wishes to explore their creative side. Shop for finished beaded jewelry and jewelry components.

Barelas
Friday, November 18
Check in: 9:45 am • Return: 2:00 pm
\$1 transportation

Rocky Mountain Chocolate Factory

Chocolate Lovers let's take a tour and learn the history of Chocolate, and see the production of the yummy gourmet spiced chocolates, fudges and brittles. After the tour we will have lunch at Old Town restaurant.

Palo Duro Tuesday, November 22 Check in: 9:45 am • Return: 3:00 pm \$1.50 transportation, \$1.50 tour

Return Times are Approximate

Holiday Shopping at Old Town

'Tis the season to be jolly.' Shop or just take a stroll through the plaza where the spirit of Christmas is abundant.

Los Volcanes
Friday, December 2
Check in: 2:00 pm • Return: 7

Check in: 2:00 pm • Return: 7:00 pm \$2 transportation, dinner at a local restaurant.

North Domingo Baca Friday, December 2

Check in: 2:00 pm • Return: 7:00 pm \$2 transportation, dinner at a local restaurant.

Palo Duro Tuesday, December 13

Check in: 9:45 am • Return: 3:00 pm \$1.50 transportation, lunch at a local restaurant.

Shopping and Exploring in Socorro

Take a trip to Socorro for a day of exploring and shopping. At the center of town we will do a little shopping then tour the San Miguel church, which has been a center of activity for centuries. We will visit the New Mexico Institute of Mining and Technology, where we will tour the mineral museum. Lunch will be a surprise.

North Valley
Thursday, December 8
Check in: 8:15 am • Return: 4:00 pm
\$13 transportation, lunch and other

Christmas in Madrid

expenses on your own

We will start off with the annual Holiday parade down Main Street. Afterwards you can enjoy shopping at the unique shops, galleries and/or have dinner at one of Madrid's restaurants.

Los Volcanes
Saturday, December 10
Check in: 2:00 pm • Return: 9:00 pm
\$6 transportation

Manzano Mesa Saturday, December 10 Check in: 2:00 pm • Return: 9:00 pm \$6 transportation

Pojoaque Feast Day

Food, dances, and much more to enjoy at the annual feast day celebrating the Virgin of Guadalupe at Pojoaque Pueblo. Please remember to observe the no cameras or video rule of the pueblo. Food will be available on your own at the pueblo.

Los Volcanes
Monday, December 12
Check in: 8:00 am • Return: 3:00 pm
\$5 transportation

River of Lights

Wear your warm coat and walking shoes for this beautiful night time tour of the Botanic Garden's light displays.

Manzano Mesa Tuesday, December 13

Check in: 5:00 pm • Return: 9:00 pm \$1 transportation, \$5 entrance fee and dinner on your own

Barelas Wednesday, December 14

Check in: 5:00 pm • Return: 9:00 pm \$1.50 transportation, \$5 entrance fee

North Valley Thursday, December 15

Check in: 5:30 pm • Return: 9:00 pm \$1.50 transportation, \$5 entrance fee



Albuquerque Aquarium

Let's take a break from the cold weather while we visit the Albuquerque Aquarium. Highlights include an eel tunnel, sea horses, luminous jellies and 285,000 gallon ocean tank where a variety of sharks swim alongside brilliantly colored reef fish, eels and sea turtles. Afterwards we will have lunch at the Shark Reef Café.

Palo Duro
Thursday, December 29
Check in: 10:00 am • Return: 2:00 pm
\$2 transportation, \$3 admission

For more BioPark Activities See page 10

Theater Trips

Adobe Theater

Sordid Lives by Del Shores

Sordid Lives, is a black comedy about white trash. It is a story of unconditional love, acceptance and "coming out" in a Texas family, as they all converge for the matriarch's funeral. The eccentric characters include: a mother who is wound-too-tight and in-denial over her gay son, a barfly/singer at the local watering hole, a cheating heart who's wooden legs accidentally aid in the death of his mistress (the family matriarch), and the cheating heart's wife who tries her hand at revenge therapy inspired by "Thelma & Louise". Led by comedic voices, their lives intertwine, giving each a new perspective, honesty and meaning.

Bear Canyon Sunday, July 17 Check in: 12:45 • Return: 5:00 pm \$13.50 transportation and admission

Lady Windermere's Fan

by Oscar Wilde

"Lady Windermere's Fan, A Play About a Good Woman" is a comedy by Oscar Wilde, first produced in 1892. Like many of Wilde's comedies, it is a biting satire on the morals of Victorian society, particularly marriage. The story concerns Lady Windermere who discovers that her husband may be having an affair with another woman. After she confronts her husband, he invites the other woman, Mrs Erlynne, to her birthday ball. Angered by her husband's unfaithfulness, Lady Windermere leaves him for a lover. After discovering what has transpired, Mrs Erlynne follows Lady Windermere and attempts to persuade her to return to her husband. In the course of this, Mrs Erlynne is discovered in a compromising position. She sacrifices herself and her reputation in order to save Lady Windermere's marriage.

Bear Canyon
Sunday, August 28
Check in: 12:45 pm • Return: 5:00 pm
\$13.50 transportation and admission

INTRODUCING... NORTH DOMINGO BACA MULTICENERATIONAL CENTER

Welcome Neighbor

hase 1 of the long awaited North Domingo Baca Multigenerational Center (NDB) is finally here. In this initial phase we offer classes designed to meet the needs of children, adults, and seniors and includes a large state-of-the-art fitness facility, In addition, breakfast and lunch to be served at our site and a smoothie and coffee bar with specialty drinks available to purchase.

NDB is the latest LEED Gold certified center.

This is only the first of four phases of the center.

Phase two will begin construction in the fall and will include more classrooms, a computer lab, and a game room. Following phases will include a gymnasium and a sprayground. A large master plan for the future North Domingo Park will offer a wide range of activities designed to serve the interest of

James Mader Manager, North Domingo Baca

the greater community. Some of the anticipated activities and services include multipurpose recreation fields, a library, and an aquatics center.

Our entire staff looks forward to meeting and serving you. This is only the beginning to a great addition to your community. We welcome your suggestions and support. Our doors are always open and you are invited to come by and get acquainted.



NDB staff: clockwise, front left: Marcus Jaramillo, Darla Williams, James Mader, Moses Medina, Berlinda Padilla, Camelia Guernsey, Samantha Andrews, Matt McCoy and David Sanchez.

North Domingo Baca Multigenerational Center 7521 Carmel Ave. NE, Albuquerque, NM 87113 764-6475

Hours of Operation:

Monday–Friday, 8:00 am–9:00 pm Fitness room closed for cleaning (weekdays) 1:30–2:00 pm Saturday, 9:00 am–3:00 pm

Membership: \$13/year (for all centers)

 50ϕ per workout, 50ϕ for fitness classes except indicated otherwise

Breakfast: 8:00–9:00 am

Luncheon meals: 11:30 am–1:00 pm, Reservations required

Luncheon fees: Donation 60+, \$3.25 for 50–59,

\$5 for 49 and younger

Sports & Fitness

re you ready to get active? Are you ready to start your personal journey to a healthier life? Then join the Department of Senior Affairs, Sports & Fitness Program and our new fitness center at the North Domingo Baca Multigenerational Center!

The Sports & Fitness Program in Albuquerque includes two stand alone fitness centers and 2 fitness centers located in multigenerational centers. In addition, we offer clients a chance to get involved in exercise classes, sports competitions, winter recreation, yoga, hiking and walking programs and much, much, more!

At NDB we offer everyone 18 and over the opportunity to become fit by working out on state-of-the-art cardio and strength training equipment!





Presentations

Health Awareness and Prevention

Hiring a Caregiver

Learn things to consider when hiring a caregiver.

Bear Canyon, Room 3 Thursday, July 26, 6:00–7:00 pm Companion Care

The Basics of Alzheimer's

Learn the basics in this overview of state and national statistics regarding Alzheimer's disease and related dementias, information about the core programs provided by the New Mexico chapter of the Alzheimer's Association, descriptions of the disease process and different stages of Alzheimer's, differentiating dementia from normal age-related memory changes and warning signs, and known risk factors.

Bear Canyon, Room 4 Wednesday, July 28, 6:00–7:00 pm Companion Care

The Health Detective

Ask your nurse—Come to the presentation with your health care questions. This will be an interactive time. I will also share the latest technology about non-invasive heart testing and heart health care.

North Domingo Baca, Community Rm Wednesday, July 13, 10:00–11:00 am Barb Spealman, RN

Enhance your Hearing

Are you or someone you know hard of hearing, hearing impaired, and/or visually impaired? This presentation will be great for you. There are many devices and resources that you may not know about, which may help with your impairment. Demonstrations of emergency alert systems, amplifiers, magnifiers and more will be available at this informative lecture.

North Valley, Room 4 Wednesday, July 20, 9:30–10:30 am Carol Sliney

Low Vision

Dr. Walker will speak about macular degeneration and low vision aids.

Bear Canyon, Room 4 Wednesday, July 27, 10:00–11:30 Dr. Dulce Walker, OD, Low Vision of NM/East Mountain Eye Clinic

For Men's Health

Manzano Mesa, Room 5 Monday, August 1, 10:00–11:00 am Lovelace Senior Plan

Personal Safety: 101

Join this interactive class that deconstructs misconceptions about safety and violence. Learn what an assailant is looking for and how to avoid being a target with awareness skills, body language and using one's voice to prevent or stop an assault.

Barelas, Room 4 Wednesday, August 2, 9:30–10:30 am Alena Schaim

Mindfulness Meditation for Health and Stress Reduction

Learn about Mindfulness Meditation and how to practice it using real life scenarios that can enable life transforming benefits, for our stress levels as well as the health and healing of our body.

Palo Duro, Ponderosa Wednesday, August 3, 9:30–10:30 am Michelle DuVal

Acupuncture Series

Join doctors of Oriental Medicine, Nityamo Lian and Lisa Rae Lindsay of Community Acupuncture on Vermont, for these informative presentations with demonstrations.

Sep 20 • General—Learn what acupuncture can do for common ailments and health issues.

Oct 18 • Quit Smoking— Acupuncture can be used to help alleviate addictions.

Nov 8 • PTSD Acupuncture can be used to help alleviate anxiety, depression and sleeplessness.

Dec 6 • Healthy Weight

Barelas, Room 4 9:30–10:30 am

DSA Information and Assistance

Learn about the services DSA has to offer, services such as: homecare, public benefit guides, transportation; and much more available to you and your loved ones.

Barelas, Room 4 Wednesday, August 9, 9:30 am Larry Moya

North Valley, Room 3 Wednesday, August 17, 9:30 am Arsenio Sanchez

Bed Bugs

Bedbugs are back and they are back with a bite! Bed bugs are known great hitchhikers and finding them is difficult, unless you know what to look for. Learn what you can do to protect yourself and your family.

Barelas, Room 4 Tuesday, August 30, 9:30–10:30 am Marc Schoder, Real Pest Solutions, LLC

Manzano Mesa, Room 4
Monday, July 11, 6:00–7:00 pm
Marc Schoder, Real Pest Solutions, LLC

North Valley, Room 4 Tuesday, August 16, 5:30–6:00 pm

Deana Frye, Real Pest Solutions, LLC

Prevent Hearing Loss

What causes hearing loss and how do I know I have it? What are my options? Does my insurance pay for hearing devices? Get answers at this informal discussion and get your hearing aid cleaned for free.

Barelas, Room 4 **Tuesday, August 23,** 9:30–10:30 am Crissy Pease, Sandia Hearing

Relay New Mexico

Los Volcanes, Room 2 Friday, September 9, 10:00–11:00 am Laura

Caregiver Burnout

This presentation is great for those of you who care for a loved one at home. Identify the signs of Burnout. You will learn how to address issues, and strategies on how to maintain relationships and stay sane.

North Valley, Room 4
September 13, 4:00–5:00 pm
Cindy Brown

Osteoporosis/Osteoarthritis

Your doctor tells you that you have "osteo-something" and that is why you have pain. What is she talking about? Let's learn and discuss the differences between "Osteo's": osteopenia, osteoporosis, osteoarthritis.

Bear Canyon, Room 4 Wednesday, Sep 14, 10:00–11:30 am Merrilee Foreman, DC, Chiropractic Lifestyle Center

Navigating the Options When You Need Assistance

Learn about some of the many options open to us as we find we need assistance. Topics include free senior resources, how and when to get home care, when to think about moving, what your options are and how much they cost. Also find what financial assistance may be available. Handouts will be provided.

Bear Canyon, Room 4 Wednesday, Sep 21 10:00–11:30 am Presenter: Beth Altherr, Certified Eldercare Advisor, "A Place for Mom"

Pedestrian Safety Workshop

Join us for this pedestrian safety event at Los Volcanes. See page 21 for more info!

Barelas Friday, September 23, 9:00–10:00 am North Valley Friday, September 23, 9:00–10:00 am

Friday, September 23, 9:00–10:00 am

Tai Chi Chih

Los Volcanes

An introduction to a holistic way to health and happiness based on gentle easy movements for healing mind and body engaging the spirit. Improves your balance flexibility and stamina, decreases stress and improves your sense of wellbeing. Tai Chi Chih is good for blood pressure, cancer, fibromyalgia and many more health issues. Wear comfortable clothes. This presentation can be done sitting or standing your preference.

Barelas, Room 4 Tuesday, October 11, 9:30–10:30 am Molly Grady

Safety in the Home

Your home may seem like the safest place in the world: but is it? Homes are often more dangerous than you realize. There are simple strategies you can use to make your home a safe environment.

North Valley, Room 4 Wednesday, October 12, 9:30 am Ross

Fall Prevention

Falls can result in serious injuries, a decline in quality life and even death. This informative and insightful presentation will explain how falls can be prevented and help you to identify major fall risks.

North Valley, Room 4 Wednesday, November 9, 9:30 am Ross

Able Mind and Body

Learn to stay independent at home. Exercise your mind and body with these helpful tips. Learn how to use it so you don't lose it.

North Valley, Room 4 Wednesday, November 16, 9:30 am Cindy Brown

Living With Diabetes

Learn about diabetes and ways to cope with it. Medical equipment will be discussed.

Bear Canyon, Room 4 Wednesday, November 30, 10:00–11:30 Bill Posen, Phoenix Medical Supply

Hearing Device

Join us for this informative presentation of how Mr. Garth Gobeli came up with the idea of the EarPOD. He visited a hearing aid center and was told that the price of a good hearing aid would be \$4,500 a pair. At that moment he knew he could produce a better and much less expensive hearing aid (because of his background as a physicist).

Los Volcanes, Room 2 Friday, December 2, 10:00–11:00 am Garth Gobeli

Financial

Financial Advice

Get answers to your financial questions at this informal get together. Refreshments served.

North Valley, Room 4 Wednesday, July 13, 9:30 am Tuesday, October 25, 5:30 pm Richard Pellegrino

Senior Investing 101

Learn how to safely invest. Ralph will be on had to discuss the common traps that Seniors may fall victim to with their investments, the difference between Safe Money and Risky Money and great tips on how to avoid stock market crashes. Also learn ways to stretch IRA funds to your heirs without leaving them with a huge tax burden.

Manzano Mesa, Room 5 Tuesday, August 9, 10:00–11:00 am Ralph Hicks & Associates

Medicare-Aging Long Term

The State Health Insurance Assistance Program (SHIP) will be here to share information about Medicare issues. Learn about healthcare fraud, low-income assistance programs and no cost preventive services. Open enrollment is right around the corner! Did you know the dates to switch providers has changes in 2011? SHIP has the information you need. Remember, knowledge is power.

Barelas, Room 4 September 6, 9:30–10:30 am Cristy Wade North Valley, Room 4

North Valley, Room 4 September 8, 10:00 am Cristy Wade

Retirement Solutions

This informal Q&A presentation will cover options for seniors going into retirement and those that have already begun their retirement.

Palo Duro, Ponderosa Wednesday, October 5, 9:00–10:00 am Richard Pellegrino

Funny Films to Start Serious Funeral Planning Conversations

Funny film clips provide an effective way to start serious conversations about funeral planning issues. This talk includes selected clips from independent films and major motion pictures. Presenter Gail Rubin, author of A Good Goodbye: Funeral Planning for Those Who Don't Plan to Die, brings light to a dark subject and gets the conversation going.

Barelas, Room 4 Tuesday, September 13, 9:30–10:30 am Gail Rubin

Bear Canyon, Room 4 Thursday, July 28, 5:30–6:30 pm Gail Rubin

Manzano Mesa, Room 5 Tuesday, November 8 10:00–11:00 am Gail Rubin

North Valley Tuesday, July 19, 5:30–6:30 pm, Room 3

Wednesday, October 5, 9:30 am, Room 4, Gail Rubin

Legal Protection for Seniors

Join this informative workshop on the legal issues that face seniors in today's economy. Ralph will be on hand to discuss areas in which seniors can further protect their hard-earned assets, while avoiding the hassles of probate.

Manzano Mesa, Room 5 Tuesday, September 6 10:00–11:00 am Ralph Hicks & Associates

Pre-Planning

This pre-need presentation will inform you on how you can plan and pay for your own funeral arrangements before the time comes. Learn prices, about payment plans and more.

North Valley, Room 4 Wednesday, December 14, 9:30 am Joe Villanueva

The Vanderbilts

Discover the world of the wealthy Vanderbilt family as we learn about Cornelius, America's first tycoon. The extravagant and outsized Vanderbilts were as glittering as the Gilded Age. Come and find out what caused this fabled family's eventual downfall.

Bear Canyon, Room 4 Wednesday, July 20, 10:00–11:30 Carol Venturini, Historian

Beliefs in UFOs

This presentation is based on how "beliefs in UFOs" have been manipulated (and in some cases, even created) by the U.S. intelligence community and the impact of such beliefs on American society. There will be much more to discuss. Mr. Hayakawa has been a guest speaker on the national radio program "Coast to Coast".

Bear Canyon, Room 4 Wednesday, August 3 10:00–11:30 am Norio Hayakawa, Organizer, Civilian Intelligence Network



Rendezvous with Old Bill Williams

William Sherley "Old Bill" Williams was one of the most colorful, adventuresome and proficiently literate of the 19th Century western men. Join us for this unique program to have a first person encounter and a chance to hear the story of this historic individual's exciting life.

North Valley, Room 4 Wednesday, August 10, 9:30 am Larry Marken

Bear Canyon, Room 4 Wednesday, August 24 10:00–11:30 am Larry Marken

Palo Duro, Ponderosa Tuesday, October 4, 9:30–11:00 am Larry Marken

Activities are free with membership unless otherwise noted \cdot Center memberships are only \$13 a year.

History of the Zozobra

The 87-year history of The Kiwanis Club of Santa Fe's main fund-raiser and fiery kick off to Las Fiestas de Santa Fe will be presented. Mr. Valdez who has produced and built "Old Man Gloom" for 21 years, will also show images, memorabilia and artifacts as well as discuss the 298 year history of Las Fiestas and the artist Will Shuster who invented the pagan effigy burning in 1924.

North Domingo Baca, Community Rm Thursday, August 11, 6:00–7:30 pm Ray Valdez

The Story of Open Space

For over 25 years, Albuquerque has preserved and enjoyed its open spaces. The history, goals, purpose and benefits of this unique program will be discussed. Also addressed will be the continuous battle for land, the hurdles that must be overcome, and the principles utilized in managing this abundant resource.

Bear Canyon, Room 4 Wednesday, August 17 10:00–11:30 am Bill Pentler, City of Albuquerque's Open Space Program

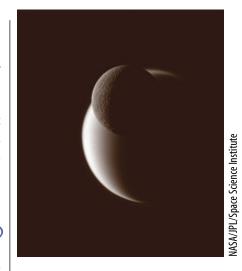
Dolphins, Whales and the Ancient Sea Beds of the Sandias

Learn about the watery world of dolphins! Join Janice Otero as she speaks about the dolphins she swims with on her world travels. Explore the ancient sea fossils of the Sandias and how we impact the oceans. Learn about dolphin therapy for special needs people and hear how these friendly cetaceans have rescued people throughout the centuries. Films will be included in this presentation.

Bear Canyon, Room 4 Wednesday, August 31 10:00–11:30 am Janice Otero

Call the host center to reserve.

Events are free with membership unless otherwise stated.



Saturn as Seen by the Cassini Spacecraft

See fascinating images of Saturn, its rings, and moons sent by the Cassini spacecraft that has been orbiting Saturn since July 2004.

Bear Canyon, Room 4 Wednesday, September 28, 10:00–11:30 am Len Duda, PhD

Hollywood Horror

Join us as Halloween nears, as we fittingly unmask the lives of some famous Hollywood horror stars, such as Lon Chaney Sr, Lon Chaney Jr, and Boris Karloff. Bela Lugosi and even the "Bride of Frankenstein."

Bear Canyon, Room 4 Wednesday, October 26, 10:00–11:30 am Carol Venturini, Historian

Oscar Huber: A Success Story

A Young Man Becomes Owner of Madrid, NM, a Coal Mining Town 1919–1954. Hired by George Anna Kaseman as Superintendent of Madrid coal mines, Oscar Huber was given free reign to operate. With little preparation for this role, he became a superb executive, far-sighted and talented. Through his leadership Madrid coal mining production increased tremendously bringing economic and social prosperity to the residents of Madrid. The town became world famous for its Fourth of July and Christmas celebrations.

Bear Canyon, Room 4 Wednesday, November 2 10:00–11:30 am Gabriel Sahd, New Mexico Historian

A Close Up View of Mars

Mars has been closely studied by orbiting spacecraft and rovers on the surface over the last few years. What have we learned about Mars from these space vehicles?

Bear Canyon, Room 4 Wednesday, November 9 10:00–11:30 am, Len Duda, PhD

Infamous World War Women

President Roosevelt declared that December 7, 1941 was "a date which will live in infamy." Come to this talk and we will unveil 3 ladies who had lived in a state of infamy, disgrace and dishonor. They are Axis Sally and Tokyo Rose (WWII) and Mata Hari (WWI). Learn about their lives & how they gained their evil notoriety.

Bear Canyon, Room 4 Wednesday, December 7, 10:00–11:30 am Carol Venturini, Historian

Jupiter and the Galilean Moons

Jupiter, the largest planet in the solar system, has some very unique moons. Find out what we know about Jupiter and its moons from the images and information sent by the Galileo spacecraft.

Bear Canyon, Room 4 Wednesday, December 14, 10:00–11:30 am, Len Duda, PhD

Of Special Interest

God Laffs by the Numbers

The first series of Numerology 101 was so popular that a second series is being offered. Eff-Nine will provide the students with a self-published workbook and 50 years of study and research. There is no tool better for personal insight and awareness of rhythms and cycles in one's life than this 5000-year-old system developed by Pythagoras who has given us mathematical principles we still use today.

Palo Duro, Ponderosa Pine Tuesday, June 28, July 5, 12, 19, 26, Aug 29, 10:00 am–12:00 noon \$10/session (You are buying a workbook) Eff-Nine

Downsizing with Style

Take the guesswork out of downsizing when it's time to move to a smaller living space. Winnowing down the accumulations from a larger home, or a lifetime can seem overwhelming. Avoid costly mistakes with a systematic plan.

Los Volcanes, Room 4 Saturday, July 9, 11:00 am–12:30 pm \$15, Claudia Lucas

Bear Canyon, Room 3 **Saturday, October 1**, 11:30 am–2:00 pm \$15, Claudia Lucas

Palo Duro, Aspen Saturday, July 23, 9:30–11:30 am \$15, Claudia Lucas

Cooking Solo

Used to cooking for a big family? This program will share ideas on cooking solo. Time saving tips will be shared and ideas you can start using right away in your own kitchen!

Los Volcanes, Room 2 Wednesday, July 13, 10:00 am Cindy Davies, Home Economist

How to De-clutter Your Home Using Innovative Storage Solutions

Learn a systematic approach to decluttering your home and garage. Streamline spaces that appear chopped up or cluttered by a hodge-podge of books, magazines, electronic media, etc into a cohesive, into well organized space.

Los Volcanes, Room 4 Saturday, July 16, 11:00 am–12:30 pm \$10, Claudia Lucas

Palo Duro, Aspen Saturday, August 27, 10:00–11:30 am \$10 Claudia Lucas

Bear Canyon, Room 3 **Saturday, October 8**, 11:30–1:00 pm \$10, Claudia Lucas

Composting

Learn the science, materials and methods of home composting. Please register ahead of time.

North Valley, Room 4 Thursday, July 21, 1:30–3:30 pm

North Valley, Room 3 Tuesday, December 6 5:30–6:30 pm John Zarola



Tell Your Life Story in 500 Words or Less

What nuggets of wisdom and insights about your life can you share in under 500 words? This workshop with author Gail Rubin, author of A Good Goodbye: Funeral Planning for Those Who Don't Plan to Die, includes writing down helpful details and creating a short digital video. All participants who record a video will receive their own digital file.

Bear Canyon, Room 4 Wednesday, August 10, 10:00–12:00 Gail Rubin

Painting with Wax, Encaustic Art

Witness the remarkable process of painting with wax using a small travel iron as the brush! Watch a landscape appear on a 4 x 6 card within minutes and be dry to the touch within seconds. Every work of art is an original creation.

Los Volcanes, Room 2 Friday, August 19, 10:00–11:00 am Gladie Peltomaki

Facebook

Maintain communications with your family. The instructor will demonstrate how to navigate, post news, send private messages, view family photos and post your own, change privacy settings, and a bit about finding long lost friends or family members. Detailed handout included.

Bear Canyon, Room 4 Wednesday, September 7, 10:00–11:00 am Sara Mendoza

Life in Death Valley

Death Valley—a wealth of geographical phenomena amidst dramatic scenery. Join Suzie from Sun Tours who will share a 50 minute video with you on the stark natural wonders of Death Valley and the various ways man embraces this desolate environment.

Palo Duro, Ponderosa Tuesday, September 13,10:00–11:30 Suzie Clements, Sun Tours

Community Mediation

Are you tired of arguing with your neighbor? Learn how Mediation, a free service to all residents in the City of Albuquerque helps people reach agreements, rebuild relationships, and find permanent solutions to their disputes.

North Domingo Baca, Community Rm Thursday, September 15 9:30–10:30 am Shannon Beaucaire

Manzano Mesa, Room 5 Tuesday, October 4, 10:00–11:00 am Shannon Beaucaire

Let's Get Juiced!

Fresh is best. Listen, watch and learn how to start from scratch and make fresh apple/carrot juice. Then taste a sample and pull on some gloves to join in the "hands on" experience of making a couple other varieties of homemade juices.

Los Volcanes, Room 2 Friday, September 30, 10:00 am Gladie Peltomaki

How to Make Chocolate

Join us for this fun, first time ever presentation. Learn how to make chocolate from scratch! Tempering machines will be available to melt the chocolate and keep it at the proper temperature for making candy. Add your favorite flavors like mint (we will have discs for flavor) Learn how to avoid white spots on the chocolate; how to store and handle your chocolate. Taste pure chocolate. Learn how to make your own miniature chocolate cups to add your favorite candies.

Los Volcanes, Room 2 Friday, October 7, 1:00 pm Renee, Dove Chocolate

Gardening for Optimists

People who plant bulbs in the fall are optimists. We know this because they won't see any flowers or even foliage until spring. Learn which bulbs work best for Albuquerque and how and when to plant them.

Bear Canyon, Room 4 Wednesday, October 12, 10:00–11:30 am Margo Murdock, Council of Albuquerque Garden Clubs, Inc.

Living With Wildlife

This interactive discussion will cover New Mexican wildlife, including traits and habitats. This will include examples of skulls and pelts of local animals to give a better perspective of species size and abilities. The discussion will cover human impacts to living with urban wildlife, general survival rules for animal encounters, animal facts, and possible deterrents for property protection.

Bear Canyon, Room 4 Wednesday, October 19, 10:00–11:30 am Bill Pentner, City of Albuquerque's Open Space Program

Pruning for Homeowners

Take the mystery out of pruning your ornamental trees and shrubs. Learn how to be a pro in your own backyard. We will cover reasons to prune, when to prune and, most importantly, how to do it! We'll also talk about what kinds of tools are best

Palo Duro, Ponderosa Tuesday, October 25, 9:30–10:30 am Karen Davis, Horticulturist

How to Plan, Design and Plant a Flower Garden

You will leave knowing the ins and outs of planning a successful garden that will flower from spring to fall.

Palo Duro, Ponderosa Wednesday, November 2, 9:30–10:30 am Karen Davis, Horticulturist

Affordable Food Gifts

During the holiday season sometimes the stress takes away from the joy of the season. Come find out tips on reducing stress in this busy season and ways to save money on the Holiday gift giving. Ideas will be shared for inexpensive homemade goodies you can make.

Los Volcanes, Room 2 Wednesday, November 9, 10:00–11:00 am Cindy Davies, Home Economist

WW II Memorial

The WW II Memorial commemorates the sacrifice and celebrates the victory of "the greatest generation." WWII is the only 20th Century event commemorated in Washington D.C. on the National Mall's central axis, but the location was not without controversy. Join Suzy from Sun Tours who will share a 58-minute video with you on the creation of the memorial. It is a fascinating story supported by historic footage of the war including heartfelt veterans' accounts.

Palo Duro, Ponderosa Wednesday, November 9, 10:00–11:30 am Suzie Clements, Sun Tours

Hershey's Chocolate

Milton S. Hershey was the founder of the Hershey Chocolate Company and the "company town" of Hershey, PA. Hear about this extraordinary man, the company he created and how he used his wealth. We will also learn some things about the history and processing of chocolate and candy.

Bear Canyon, Room 4 Wednesday, November 16, 10:00–11:30 am Carol Venturini, Historian

Chocolate Holiday Baskets

We will show you how to dip pretzels and fortune cookies, and how to make chocolate covered coconut and covered dried fruits. You can also learn how to make snowman soup (our version of hot chocolate with a peppermint stick) We will make dipped marshmallows with sprinkles. The bonus is we will tell you how to make these baskets on a budget showing you how to wrap them/how to arrange them, and where to purchase things at a bargain price.

Los Volcanes, Room 2 **Friday, December 9,** 1:00 pm Renee, Dove Chocolate

Travel

Travel Talk

Los Volcanes, Room 2 Friday, July 15, 1:00 pm Robert Painter

Events



This beautiful church sits in the heart of Albuquerque's Historic Old Town, with the Old Town Plaza at its front.

Old Town-New Fun





Wildcard Wednesdays

See a variety of local performers bring their talents to the Gazebo stage to entertain crowds of music lovers in Old Town's historic plaza.

Wednesday, 6:00-8:00 pm

Thursday Cultural Sunsets

Visit historic Old Town Plaza for live entertainment that celebrates Albuquerque's many cultures. From Chinese Lion Dances to Irish Step Dancers, Hawaiian Hula to the ballet of Martial Arts.

Thursday, 6:30–8:30 pm

Saturday Serenades

Strolling mariachis, live music in patios and courtyards—these are the experiences of visitors to Old Town on Saturdays during the spring, summer and early fall.

Friday Latin Roots

On selected Fridays Old Town moves to a Latin beat with entertainers performing on the Plaza or in courtyards or on streets throughout Old Town.

July- November

Dessert Socials

Satisfy your sweet tooth. It's a great opportunity to get together with friends and enjoy a special treat.

Barelas, Social Hall 4th Wednesday, 12:30–1:30 pm

Bear Canyon, Social Hall Friday, July 22, Aug 19, Sept 16, Oct 21, Nov 18, 1:30–2:30 pm

Freedom Fourth

New Mexico's greatest fireworks celebration featuring local and national entertainers, activities for kids, a world class fireworks display, food, drink and much more. Featured entertainment: American Idol Season 9 finalist Casey James.

Balloon Fiesta Park Monday, July 4, 4:00–10:30 pm gates open at 3:00 pm

Albuquerque Concert Band

The Albuquerque Concert Band performs concerts in parks across the city. Take your blanket and chairs and a picnic dinner, and enjoy lively concert band music that's fun for the whole family.

West Bluff Park 2408 Alamogordo NW Wednesday, July 6, 7:00-8:00 pm • Free

Paris Opera Ballet Children of Paradise (Live Simulcast)

KiMo Theater Friday, July 8, 10:30 am



Chaplin Festival The Circus

KiMo Theater Saturday, July 9, 4:00 & 7:00 pm,





KiMo Theater Friday Nite Features



Enjoy in the historic KiMo Theater documentary, foreign and independent films for Emerging Pictures. Two indies, (Barney's Version and Get Low) three foreign films in Swedish with English sub-titles and two documentaries (2011 Oscar winner Inside Job and 2011 nominee Gasland.

JUL 1 Get Low

JUL 8 The Girl with the Dragon Tattoo

JUL 15 The Girl Who Played With Fire

JUL 22 The Girl Who Kicked the Hornet's Nest

8:00 pm — \$10 tickets, \$49 all ages summer pass



Best of Ballet in Cinema The Flames of Paris (Bolshoi)

KiMo Theater July 10, 2:00 pm





Hawaiian Luau in the Patio

Join us for some Hawaiian fun, with music snacks and games.

North Valley, Social Hall Thursday, July 14 10:30 am-12:30 pm Reservations required for lunch





Live and Local

Join us and see local bands playing live at the KiMo Theater.

KiMo Theater Thursday nights starting July 14, 8:00 pm



Albuquerque Concert Band

The Albuquerque Concert Band performs concerts in parks across the city. Take your blanket and chairs and a picnic dinner, and enjoy lively concert band music that's fun for the whole family.

Hyder Park, 700 Richmond SE Wednesday, July 20



Albuquerque Summerfest with Maceo Parker

Summerfest is once again 'on the road' featuring music festivals throughout Albuquerque. Events feature performances by local and national entertainers, interactive activities for young and old, artisan markets, food, drink and much more.

Nob Hill Route 66, Central between Girard & Washington Saturday, July 23, 2:00-10:30 pm



Chocolate Tasting and Fondue Party

Enter a world of chocolate delicacies. White chocolate, dark chocolate and milk chocolate will be available for tasting. We will also have a fondue to dip strawberries, apples, marshmallows and a variety of melons.

Los Volcanes, Social Hall Wednesday, August 3 1:00-2:30 pm, \$2



Mariachi Spectacular Student Showcase

The Department of Senior Affairs and the Cultural Services Department invite you to attend one of Albuquerque's most beautiful events. See Mariachi groups compete on the big stage at Harry Kinney Civic Plaza at this threeday Mariachi Spectacular Conference. Food and refreshments will be available.

Harry Kinney Civic Plaza Wednesday, July 8, 6:30-11:00 pm

Free, pay parking is available below Harry Kinney Civic Plaza (enter from Marquette and 3rd). Information: http://mariachispectacular.com or contact 768-3556.





Friendship Luncheon

Join us for a delicious lunch and wonderful entertainment.

Manzano Mesa, Social Hall Tuesday, Aug 9, 11:30 am–1:00 pm Reserve by: Friday, August 5

Victorian Days Tea

North Valley tea parties are filled with fun, snacks and great tea. Celebrate tea! Victorian style. Wear your favorite hat and dress. Bring your teacup.

North Valley, Social Hall North Thursday, August 18, 1:00–2:30 pm Reserve by: Thursday August 11

Albuquerque Summerfest with Ryan Star

Summerfest is once again 'on the road' featuring music festivals throughout Albuquerque. Events feature performances by local and national entertainers, interactive activities for young and old, artisan markets, food, drink and much more.

Cottonwood Mall, 10000 Coors Blvd NW Saturday, August 20 7:00–10:30 pm • Free



September

Grandparents are Great

Grandparents are honored this month around the United States. At North Valley we appreciate our grandparents, so join us as we celebrate to honor all our grandparents. Refreshments, door prizes and music will be part of the fun.

North Valley, Social Hall Tuesday, September 13 11:00 am–12:30 pm

Farewell to Summer Luncheon

Let's bid farewell to summer and savor the flavors as we cool off with an end of summer BBQ menu.

Palo Duro, Social Hall Thursday, September 22, 11:30 am \$4, reservations required

Fall Affair Special Luncheon

Join us for good food and lots of fun!

Bear Canyon, Social Hall Friday, Sept 23, 11:30 am–1:00 pm \$4, reservations required

Fall Harvest Tea Party

Welcome fall with a cup of tea and some delightful desserts. Invite a friend or two and make it a social event.

Los Volcanes, Social Hall **Wednesday**, **Sept 28** 1:30–3:00 pm \$12, catered by the Desert Tea Rose

Bear Canyon 25th Anniversary

Enjoy food and entertainment as we celebrate what makes Bear Canyon great.

Bear Canyon Friday, Sept 30, 8:00 am-4:00 pm

October

Photography Contest

Put your creative talents to use. Enter the Amateur Photography Contest to win a prize. The category is "Still Life" in which an arrangement of diverse inanimate objects, including food, plants and artifacts is depicted.

North Valley, Social Hall Tuesday, October 4, 4:00–5:00 pm Sign up by Friday, September 23 to enter. Rules available at sign up.

Old Town Events

Old Town Artscrawl

A staple of the Albuquerque

art scene since 1990. Stroll

the varied Old Town gal-

Friday, September 16

7th Annual Old

Town Salsa Fiesta

5:00 pm

The Pedestrian Safety Walking Event

A Focus on Older Adults engages communities in addressing pedestrian safety issues and gives strategies for safer walking. The event is designed to advance the process of creating more pedestrian friendly environments by encouraging community dialogue and equipping participants with ideas to improve their own community. This event is open to the whole community. Likely participants include older adults and community members, transportation planners and engineers, health professionals, law enforcement officers, senior center staff, elected officials, business owners and others who have an interest in the safety, senior health, promoting physical activity, transportation and walking. We will take a 30-minute walk from Los Volcanes to Unser and across Unser and back.

Los Volcanes, Outside Friday, September 23, 9:00–11:30 am Barelas and North Valley Senior Center will be part of this great event.

Autumn Luncheon

Delight in the beauty and color of Autumn as we celebrate with a wonderful meal and entertainment.

Palo Duro, Social Hall Thursday, October 20, 11:30 am \$4 reservations required

10th Annual Santero Market

The Santero Market is an entertaining and fun-filled public event. This year's market features 40 artists from throughout New Mexico, showcasing primarily traditional Spanish religious art.

San Felipe de Neri Parish October 1–2

MARKET HOURS: Saturday 8:00 am-6:00 pm Sunday 8:00 am-5:00 pm

ARTIST LECTURE: October 2
Sunday, 2:00 pm

Information: www.sanfelipe deneri.org (special events), or 243-4628 (parish)



Fall Festival



Join us for an afternoon of fun and festivities for the whole family. Don't forget to dress in your favorite Halloween costume.

Manzano Mesa Saturday, October 22, 12:00–3:00 pm \$2, or 2 cans of food, entrance fee

Murder Mystery Dinner Party

Join us for a light-hearted and moderate sleuthing mystery that allows you to step into a different character while trying to solve an entertaining and challenging mystery. Appetizers, dinner and coffee will be served.

North Valley, Room 3 Tuesday, October 25, 4:00–7:00 pm \$8, reservations required

Ghost & Gobblins Luncheon

Calling all ghoulies, ghosties, and long-legged beasties and things that go bump in the night! Trick or treat?? Don't be "scared" to dress in your favorite Halloween costume.

Bear Canyon, Social Hall Friday, October 28 11:30 am–1:00 pm \$4, reservations required

A Halloween Dance

Come one, come all. From goblins to witches to clowns and cartoon characters, everyone is invited to join in this fun festivity. Door prizes will be given to the most original, funniest, scariest and not to mention the most weird looking one. Your ticket to the party will be to bring dessert.

Los Volcanes, Social Hall Thursday, October 27 1:30–4:30 pm Bring some dessert

Halloween Party & Potluck

Join us for a fun filled day with a cakewalk, costume contest, dance and games. Friday's regular scheduled dance will still be at same time and cost as normal. Help by bringing a cake for cakewalk. Prizes will be given for costume contest.

Barelas, Social Hall Friday, October 28 11:00 am-4:00 pm Potluck and cakewalk sign up sheet at the front desk.

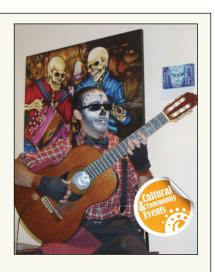
moving to September from its usual August date.

Dubbed "A Hot Time in

Old Town," the fiesta is

September 24 Cash Prizes!

St. Michael The Archangel by Santera Marie A. Luna



Day of the Dead (Dia de los Muertos) Exhibit

Dia de Los Muertos is celebrated on November 2nd in connection to the catholic holidays of All Saints Day (Nov. 1) and All Souls Day (Nov. 2). This tradition originated in Mexico and is practiced among indigenous peoples. With the arrival of the Spanish the tradition blossomed to include Christian ideals of respect toward saints and other Christian objects. Another important aspect of the celebration involves visits to graves sites where graves are cleaned and decorated.

Since 1988, El Consulado de Mexico (Consulate of Mexico) helped establish Dia de Los Muertos at the SBCC by co-sponsoring this event.

South
Broadway
Cultural Center
Exhibit: Oct 30–Nov 23
Artist reception:
Sunday, October 30, 2:00–5:00 pm

Masquerade Ball

Join us for a masquerade ball at the Sunday dance. Live music, great snacks and door prizes.

North Valley, Social Hall Sunday, October 30 1:30–4:30 pm



Call the host center to reserve.

Events are free with membership unless otherwise stated.

Costume Party

Dress up in costume to win a prize. Refreshments, games, and a pumpkin carving demonstration.

North Valley, Social Hall Monday, Oct 31, 10:30 am-12:00

November

22nd Oso Canyon Art Fest

Featuring one-of-a-kind creations by talented local artists and crafters. Find holiday gifts, enjoy live entertainment, refreshments, and door prizes.

Bear Canyon, Social Hall **Saturday, Nov 19**, 9:00 am–3:00 pm \$25/table, information 291-6211

Veterans Day

We are so grateful to the men and women who served in the armed forces. Let us celebrate by honoring these brave individuals. Valley ROTC, music, refreshments will be part of this special time. Veterans please bring a photo of you in your military uniform.

North Valley, Social Hall Thu, Nov 10, 11:00 am-12:30 pm

Veteran's Memoirs

Let's honor all the great men and women that have served our country in honor of our freedom. Bring a photo and a short story for our display.

Los Volcanes, Display Case November 1–18

Thanksgiving Celebrations at the Centers

Join us as we celebrate all that is good in our lives with a wonderful traditional Thanksgiving feast. \$4 Reservations required.

Barelas, Social Hall Thu, Nov 24, 11:00 am-1:00 pm

Palo Duro, Social Hall Thu, Nov 17, 11:30 am

Bear Canyon, Social Hall Fri, Nov 18, 11:30 am-1:00 pm

Harvest Full of Gratitude

We will start the fun by enjoying a short skit, pumpkin pie, and eggnog.

North Valley, Social Hall Thursday, November 17 10:30 am–12:30 pm

December

Deck The Halls With Jolly–Holiday Open House

You and your family are invited to come and join in the beginning of the holiday festivities. The 1st intergenerational event at its finest—with holiday goodies, a visit from St. Nick and last but not least trimming the tree at Barelas.

Barelas
Thursday Dec 1

Thursday, Dec 1, 10:00–11:30 am Sign up if bringing family members

Tree Trimming at the Centers

Set your sights on Christmas lights and eggnog around the tree...Please join us in the cheer! It's tree-trimming time of year!

North Valley, Social Hall Thursday, December 1 10:00–11:00 am Entertainment: caroling by Eastern Christian Academy Students Biscochitos, coffee and hot apple cider

Bear Canyon, Social Hall Friday, December 2, 1:30–4:00 pm

Los Volcanes, Lobby Friday, December 2, 9:00–11:00 am Enjoy hot apple cider and cookies too

Arts and Crafts Fair

Peruse work by senior artists and crafts people. Reasonable prices.

North Valley, Social Hall Friday, Dec 2, 9:00 am-2:00 pm Open to public

Silver Bells Luncheon

Tis the season! Join us for lunch and fabulous entertainment by the Highland Harmonizers.

Manzano Mesa, Social Hall Tuesday, December 6 11:30 am–1:00 pm Reserve by noon Friday, December 2

Holiday Luncheon

Treat yourself to a festive luncheon with neighbors and friends. Holiday entertainment and decorations are sure to raise your spirits.

Palo Duro, Social Hall **Thursday, December 15,** 11:30 am \$4 reservations required

Los Volcanes, Social Hall Sunday, December 25, 11:30 am \$4 reservations required



Our Lady of Guadalupe Fiesta and Exhibit

The first local celebration of La Guadalupana dates back to 1924 when it was called the "Fiesta of Our Lady of Guadalupe." It began in the Williams community of the South Broadway neighborhood in Albuquerque. Los Guadalupanos and St. Francis Xavier Church organize the celebration. This 87-year-old tradition also includes dozens of community altars erected in neighborhood procession led by the bishop as well as other festivities at the St. Francis Xavier Church.

South Broadway Cultural Center Artists' reception: December 10 (after evening mass) 6:00–8:00 pm

Annual Holiday Potluck

An intergenerational event at its finest. Let's get together and celebrate the holidays with Old St. Nick and some of the kids next door. Our crafts and crochet class make gifts for all the children.

Los Volcanes, Social Hall Wednesday, December 14 1:00 pm-3:00 pm Bring a covered dish

Tuesday, December 20, 12:30–2:30 pm Bring a covered dish (sign up at desk)

Holiday Party

Join us for a time to celebrate the holidays. Bring in your favorite dish as we mingle and are entertained with great Holiday Music.

North Valley, Social Hall Thursday, December 22, 12:30–1:30 pm Sign up at front desk

Games & Cards

Board Games and Puzzles

Play board games, Loteria (Spanish Bingo), or put together a jigsaw puz-

North Valley, Social Hall Thursday, 9:30–11:00 am

Bingo

Join us for bingo, with cash and prize giveaways, raffle drawings and refreshments.

Barelas, Social Hall **Tuesday,** 1:30–4:00 pm

Bear Canyon, Social Hall Wednesday, 1:30-4:00 pm

North Valley, Social Hall Wednesday, 1:30-4:00 pm

Los Volcanes, Social Hall Friday, 1:15-3:30 pm

Palo Duro, Mesquite Tuesday, 1:15-4:00 pm

Manzano Mesa, Social Hall **Thursday,** 1:30–4:00 pm

Billiards

Visit and meet with friends. A variety of games are played at each center. Donation requested.

Barelas, Game Room Monday-Friday, 8:00 am-12:00 pm

Palo Duro

Monday-Friday,~8:00~am-5:00~pm

North Valley, Billiards Room Mon, Wed, Thur, Fri, 8:00–5:00 pm Tuesday, 8:00–7:00 pm, **Sunday,** 12:30–5:00 pm

Poker

Barelas, Game Room **Monday,** 12:00 noon-4:00 pm

Bear Canyon, Pool Room Monday-Friday, 12:00 pm-3:30 pm

North Valley, Library

Monday-Friday, 12:00 pm-4:00 pm

Los Volcanes, Room 9 Monday-Friday 12:00 noon-4:30 pm

Texas Hold'em

Barelas, Game Room Thursday, 12:00 noon-4:00 pm

Friday Bridge

Please sign up at front desk.

North Valley, Room 4 Friday, 1:00-2:00 pm

Manzano Mesa, Sitting Room 1st & 3rd Friday, 10:00 am-2:30 pm

Bridge: Friday Party

Regular players are already in place, but newcomers sign-up as substitutes.

Bear Canyon, Room 1 Friday, 12:15–3:30 pm

Bridge: Duplicate

Players are invited to participate in this non-sanctioned game. Prearrange your partners before the game.

Bear Canyon, Lobby Monday, 12:30–3:00 pm Spokesperson: Joyce Lowry

Bear Canyon, Room 3 **Thursday**, 12:45–4:30 pm 50¢ per person, Dick West 881-9725 to locate a possible partner

Palo Duro, Cottonwood **Monday,** 12:15–4:00 pm **Friday,** 12:15–4:00 pm

Bridge: Saturday

For intermediate or advance players

Bear Canyon, Room 1 Saturday, 9:00 am-1:00 pm



Bridge: Walk-in

No need to sign up, just show up.

Bear Canyon, Lobby Thursday, 8:45–11:45 am

Bridge: Practice

Bear Canyon, Room 1 **Wednesday**, 1:00–3:00 pm

Palo Duro, Aspen Wednesday, 12:30–2:45 pm

Bridge: Widows Club

Eight regular teams with their captains play party bridge. Newcomers sign up as substitutes.

Bear Canyon, Room 6 Wednesday, 12:15–3:30 pm

Bridge, Party

Party bridge is offered throughout the week. Most games require you to have your own foursome.

Los Volcanes, Room 10 **Friday,** 1:00–3:30 pm Frida Whitener

Canasta

Learn to play hand and foot Canasta.

Bear Canyon

Monday, 12:00 noon-5:00 pm, Bev Butterfield, Room 6

Thursday, 12:00 noon-6:30 pm, Ed Roush, Room 1

Chess for Fun

Learn the basics, or the moves of the masters. All levels welcome.

Barelas, Game Room Tuesday, 12:30-4:00 pm

Bear Canyon, Lobby Monday, Wednesday, Friday 12:30–5:00 pm Lloyd Gustafson

Cribbage

Bear Canyon, Lobby Tuesday, 9:30-12:00 noon Ray Kranz

Palo Duro, Mesquite **Friday,** 1:00–3:00 pm Goodman

Hearts

Bear Canyon, Lobby Wednesday, 9:30 am-12:00 noon

Mah Jongg

This game is played with 1434 tiles that are drawn and discarded until a player gets a winning hand.

Bear Canyon, Room 5 Monday, 12:00–5:00 pm Carrie Przehurat

Los Volcanes, Room 10 Thursday, 12:15-4:15 pm Finegold, Martinez



Mexican Train

Los Volcanes, Room 10 Tuesday, 12:15-4:15 pm Finegold

Pinochle

Bear Canyon, Room 6 Tuesday, 1:00-4:45 pm Kathleen & Carlton Valcourt

Bear Canvon, Lobby Thursday, 9:30–11:30 am

Manzano Mesa, Room 4 Wednesday, 12:00 noon-4:00 pm

Scrabble

Palo Duro, Ponderosa Pine Wednesday, 12:00 noon-4:00 pm Simpson

Bear Canyon, Room 6 Monday, 12:00 noon-3:30 pm Simpson

Shanghai Rummy & Bridge

Drop by to join in a game.

Bear Canyon, Lobby Tuesday, Thursday, 12:00-4:30 pm







Mixed Media Exploration

Activate your artistic process and express yourself in this series of classes.

Join in as we explore ways of being and seeing that stimulate your right brain and allow more aspects of our creative self to emerge! The class will include writing, drawing, water-color, collage sumi and other media. Please bring an 11"x14" hard-bound journal suitable for ink or watercolor to record your experiences. Previous art experience is not necessary..

North Domingo Baca, Classroom 1 Friday, June 3–24, 1:00–3:00 pm \$80 plus one time material fee \$20 Diane Chase

Pencils and Pastels

Brilliance of Pastels

Beginners focus on materials, composition and technique. Intermediate students focus on improving skills and new challenges.

Manzano Mesa, Room 3 Monday, 1:30–4:00 pm Call center for dates and times. Sharon Jensen

Fun with Colored Pencils

Experience and explore the magic of colored pencils to create a picture of your desire. Bring the following, Prismacolor or any soft lead pencils (colored), Bristol paper (small) smooth, and cotton balls.

Palo Duro, Cottonwood Thursday, August 11–November 3 (no class Aug. 18) 1:00–3:00 pm \$25, Nicolas Ng

Pastel Drawing

All skill levels welcome anytime. Sign up at the front desk.

Bear Canyon, Room 5 2nd and 4th Wednesday, April 13–October 26 1:30–2:30 pm \$6/class, Suki Willouby

Painting

Artist's Corner

This group meets to paint in any medium and offer gentle critique and constructive criticism.

Manzano Mesa, Room 3 Thursday, 1:00–4:00 pm Bring your own materials. JoAnne Kennedy

Painting Workshop: Acrylic

Share ideas, techniques and inspiration. All levels learn from each other.

Bear Canyon, Room 5 Monday, 9:00 am–12:00 noon Paul Stubbe, Students supply their own materials. No registration required.

Painting Workshop: Oil

Instruction is given on perspective, composition, form, color mixing and blending. Ongoing painting classes are open to all levels. No registration required. Bring materials.

Bear Canyon, Rooms 5 and 6 **Wednesday**, 9:00–11:30 am Marian Boandl and Alice Grundy

Los Volcanes, Room 4 **Monday,** 9:00–11:30 am Walker

North Valley, Room 4 Friday, 9:00 am–12:00 noon Zamora

Barelas, Room 3 Wednesday, 9:00 am–12:00 noon

Painting Workshop: Nature's Beauty

Discover the beauty of nature painting. All mediums included.

Bear Canyon, Room 6 Friday, 9:30 am–12:00 noon Shirley Campbell No registration required, bring materials

Watercolor: Drawing and Painting

Each class includes a brief presentation and two painting projects with one-on-one assistance—great for skill review or an introduction to this challenging medium. Demonstrations and field trips are included. All levels welcome. Participants must have basic materials and equipment and can join in at any time.

Los Volcanes, Room 4 Tuesday, 9:00–11:30 am, Vigil

Watercolor Club

This on-going activity allows participants to share ideas, techniques and inspiration.

Bear Canyon, Room 4 **Tuesday**, 1:00–3:30 pm Paul Stubbe, No registration required

Watercolor: Adult

Class subjects will be flowers, still life, painting from photos and sketches, or painting our beautiful NM scenery out on location.

Manzano Mesa Sat, Aug 27–Oct 8, 12:00–3:00 pm \$55 plus supplies Sandy Culler, 275-8731 or 710-4143

Adult Watercolor

North Domingo Baca, Classroom 1 Tuesday, 9:30–11:30 am Arthur Wright

Visiting Artists Series

Experienced and professional artists will volunteer to guide the group in creative activities in many mediums.

Palo Duro, Cottonwood Tuesday, 1:00–3:00 pm (does not meet in summer) Haag

Support Groups · Page 47

Craft Classes

Arts and Crafts

For beginners who want to learn and for the experienced who want to share. Crafts include: embroidery, crochet, counted cross-stitch, knitting, needlecraft and more. Bring your ideas, and patterns to share.

North Valley, Room 3 Wednesday, 9:00 am-1:00 pm Tony Keim

Get It Done!

Chat while you "get done" those projects in this modern day quilting bee.

Palo Duro, Juniper Friday, 1:00–3:00 pm

Art Books, Scrapbooks

Joy of Scrapbook

Preserving your history. What you scrapbook today will be significant tomorrow. Material will be provided.

North Valley, Room 4 Tuesday, August 9, 2011, 5:00–6:30 pm Free



Scrapbooking

Manzano Mesa, Room 5 2nd Wednesday, 10:00 am–12:00 pm Nada Patel

Basket Weaving

Basket Weaving

Learn how to weave reeds and ribs to create your own basket. Once you have mastered the art of weaving you are free to choose your favorite basket including market, oval, potato, or wall baskets.

Los Volcanes, Room 4
Thursday, 9:00 am–12:00 noon
\$10, plus weaving supplies (apx. \$15)
Hummel

Most activities require advanced registration.

Call the host center for info and to reserve, see page 3 for center directory.

Beading and Jewelry

Beading/Jewelry Class

Learn to make beautiful patterns for lovely jewelry and gifts.

Manzano Mesa, Room 3 Wednesday, 8:00–11:00 am M. Jacobson

Beading/Jewelry Group

Join this beading group and make your own pieces of beautiful art in jewelry.

Manzano Mesa, Room 4 Monday, 8:00–11:30 am, Pat Suhr

Jewelry with Ann Reilly

For necklace, earring and bracelet classes bring needle nose and flat nose jewelry pliers if you have them. Materials supplied. Many bead and color choices available.

Earrings

Learn techniques that give unlimited options for short, medium or long earrings. Make 2 pair—pierced or clip on in class.

Palo Duro, Piñon Thursday, August 11, 1:30–4:45 pm Thursday, October 13, 1:30–4:45 pm \$15/1 class

Bracelet

Learn techniques for making a variety of bracelet styles.

Palo Duro, Piñon Thursday, September 22, 1:30–4:45 pm \$15/1 class

Necklace

Learn techniques to make a variety of necklace styles.

Palo Duro, Piñon Thursday, July 28, Thursday, December 8, 1:30–4:45 pm \$15/1 class

Necklace, Bracelet & Earrings

Make a necklace and earrings or two bracelets and earrings.

Palo Duro, Piñon Thursday, October 20, 27, 1:30–4:45 pm \$25/2 classes

Ceramics

Ceramics

Learn about ceramics, starting with care and use of molds, pouring, preparation for firing, glazing, overglazing and/or staining, decorating, decals, etc. Materials not included.

Barelas, Ceramics Room Monday, Wednesday, Friday, 9:00 am-12:00 noon

Bear Canyon, Room 4 Monday, Sep 12–Dec 19, 9:00 am–12:00 noon Feikje Scott

Los Volcanes, Room 4 Friday, 8:00 am-11:30 pm, Baca Thursday, 1:00 pm-4:00 pm, Virgie

North Valley, Room 4 Tues, Wednesday, 12:00–5:00 pm 3rd Wednesday, 1:00–5:00 pm

Palo Duro, Piñon Monday, 8:00–12:00 noon or Thursday, 8:00–12:00 noon

Mosaic Mirrors

You will complete a one of a kind mirror surrounded by mosaic and personal embellishments, 12" x 12" overall. The techniques you learn in this workshop are the same for all mosaic tile projects you may want to tackle at home in the future! Materials will be provided. You will love this class!

North Valley, Room 4 Tuesday, November 1, 8, 15, 22, 29, 5:30–7:00 pm, \$50, Lindy Hirst

Tile Class

Create art works on tile. All levels welcome. See instructor about materials.

Manzano Mesa, Room 3 Monday, 9:00 am–12:00 noon Tuesday, 9:00 am–1:00 pm Friday, 9:00 am–1:00 pm Lawanda, Daphne

Calligraphy

Escribiente Society of Calligraphers

This group promotes, encourages and educates in calligraphy and related arts, and gives time to make calligraphy names for elementary school library fund raisers.

Manzano Mesa, Room 5 1st Wednesday, 6:00–9:00 pm Ronald Peterson

Collage

Journaling through Collage

Tap into your dreams, creativity, gratitude intuition, and wisdom through a whole collection of pictures from magazines (provided). You can use those pictures from your own bulletin board or those inside your "Memories" box! This picture-collage technique is a window to view you through a new way.

North Valley, Room 3 Tuesday, October 4, 11, 18, 25 5:00–7:00 pm \$41, includes materials

Crocheting, Knitting, Weaving

Happy Hookers Crochet Club

This all ages all levels informal group of crotchetiests work on individual projects and a group project: making lap rugs for disabled veterans.

Manzano Mesa, Social Hall Monday, 1:00–3:00 pm, Schmidt

Crocheting

Join our fun-loving group for shared experiences, socializing and learning new techniques.

Barelas, Rooms 5 Friday, 9:30 am-11:30 am

Los Volcanes, Room 10 Monday, 1:00–4:00 pm, McNabb

Los Volcanes, Room 2 Wednesday, 9:00 am–12:00, DeVan

Palo Duro, Cottonwood (incl. knitting) **Wednesday**, 1:00–3:00 pm Boggs, O'Neil, Armstrong

Knitting and Crocheting

Beginners to advanced are welcome. Beginners are taught the basics of knitting and techniques for creating sweaters, Afghans, baby blankets, etc.

Bear Canyon, Room 6 Monday, 9:30 am–12:00 noon Jeannine Steidl

North Valley, Room 3 Wednesday, 9:00 am-4:00 pm Friday, 9:00 am-1:00 pm Paguin

Manzano Mesa, Room 3 **Friday**, 1:00–3:00 pm Ericka Enghahl



Photo Transfer



Make art on canvas from a family photo, landscape, still life, or even a pop culture icon. Add found objects, beads, or fringe. Most materials provided. Bring in personal embellishments and a few photos you love.

North Valley, Room 4 Tuesday, Dec 6, 13, 20, 5:30–7:00 \$45, Lindy Hirst

Felting

Introduction to wet felting, Learn to make small ornamental pieces that you will embellish, simple scarf, nuno felted scarves, hat on a ball, felted jewelry or cuffs, and needle felting. Sign up for individual class.

Palo Duro, Piñon Saturday, Sep 10,17, 24, Oct 1, 8, 15, 9:00–12:00 noon \$15–\$30, materials (cost varies) Genie Mueller

Plastic Canvas

Discover the skill of plastic canvas. Enjoy making your own canvas patterns. Supplies provided.

North Valley, Room 4 Tuesday, July 26, 5:30–6:30 pm

Weaving

Come join our weaving class and bring a friend with you. Learn traditional skill of weaving, the beauty of art. All material provided.

North Valley, Room 3 Tuesday, July 19, 5:00–6:00 pm

Doll Making

Porcelain Doll Making

Learn this art while making a doll.

Los Volcanes, Room 4 Wednesday, 1:00–3:00 pm Maness, materials not included (current waiting list)

Folk Arts

Colcha Embroidery

A traditional art of embroidery. You will be provided with a base fabric, proper embroidery needle, needle threader and Persian wool.

North Valley, Rooms 1, 2 Wednesday, August 10, 17, 2:00–4:00 pm \$27 Annette Turk Gutierrez Los Volcanes, Room 2 Monday, Sep 12, 19, Dec 7, 14, 21 9:30 am–12:00 noon \$30/person, \$7 for kit Annette Turk Gutierrez

Ikebana (Japanese Flower Arranging)

Ikebana is a disciplined art form which nature and humanity are brought together. First you will learn to design your own upright arrangement using florist container and oasis—"Moribana style." For the next two classes you will design a "Hanging-Nagiere Style" with glass container and last but not least you will create a centerpiece "Four View Form" with florists container and oasis.

North Valley, Room 3
Tuesday, November 8, 15, 22
5:30–7:00 pm
\$25, bring your own glass container last class, all other materials provided Mary Burnett de Gomez

Japanese Flower Arranging

Learn the art of Japanese flower arrangement. Bring your own flowers (fresh) and container.

Bear Canvon, Room 3

Wednesday, 1:30–2:30 pm Yoko Comstock No registration required Los Volcanes, Room 2 (Begins Aug 5) Friday, 1:30–2:30 pm Yoko Comstock

Retablos/Hispanic Folk Art

Learn the art of making retablos.

Barelas, Rooms 2 and 3 **Tuesday**, 9:00–11:30 am George Salazar

No registration required

North Valley, Room 3 Wednesday, 1:00–4:00 pm Anita Andrade

Rosemaling

We do rosemaling from Norway, dalmalning from Sweden, hindeloopen from Holland and bauernmalerei from Germany and others. Bring a wood piece and we will get you started.

Bear Canyon, Room 5 Friday, 9:30–11:30 am September–May Diana Ekedal, no registration required

Rosemalers of New Mexico

Join others in exploring the fine art of Norwegian folk art painting.



Bear Canyon, Room 5 2nd Saturday, 9:30 am-1:00 pm No class June-August Diana Ekedal, No registration required

Swedish Weaving

Swedish Weaving is an art of weaving yarns through a counted cloth, called Monk's Cloth.

Los Volcanes, Room 2 Tuesday, 12:00 noon–2:30 pm Jude Brunyansky & Lois Lamphier

Ukrainian Egg Decorating

Pysanky is the Ukrainian folk art of designing and dying eggs. Traditional Ukrainian patterns are used and colors are added to the egg using a waxresistant technique. This method of decorating requires good hands, eyes and attention to detail. But it's worth it! You can achieve spectacular

Los Volcanes, Room 4 Monday, August 15–September 26 1:00–3:00 pm \$15, sponsored by: Senior Arts Inc.





Glass

Stained Glass

Learn in this hands on class how to cut, grind and copper foil glass, assemble, solder and complete projects.

Los Volcanes, Room 4 Friday, 1:00–4:00 pm Marie Silence

Palo Duro, Cottonwood Friday, 9:30–11:30 am (does not meet in summer July–August) Helen Clum

Gourds

Gourd Art Class

Try various methods for coloring and finishing gourds. Gourds and materials are supplied. Bring a hair dryer and wear clothing for messy work.

Palo Duro, Piñon Thursday, July 14, 21, 1:30–4:45 pm Thursday, September 8, 15 Thursday, November 10, 17 \$30, Ann Reilly

Lapidary

Lapidary

Learn the art of working, forming and finishing stone, mineral, gemstones, and other durable materials into functional and decorative items.

Palo Duro, Juniper Tuesday, 8:00–12:00 noon Thursday, 8:00–12:00 noon Andazola, Ellis

Leather

Leather Craft

Learn the art of hand-tooled leather crafting. Students must buy leather. Some tools are provided.

Palo Duro, Aspen Tuesday, 12:00 noon–2:00 pm Love, Scott

Metals

Beginning Silversmithing

Learn step-by-step to cut, stamp, solder and finish silver. This course will teach basic techniques along with practical information for the beginning silversmith. Design and create a unique piece of jewelry to be proud of in this 6-week course. You will need to bring 5 or 6 small hand tools.

Palo Duro, Juniper
Wednesday, 4:30–6:45 pm
July 6-Aug 10, Aug 24–Sept 28,
Oct 12–Nov 16, Nov 30–Jan 4
\$65 per session, \$30 silver & materials
(per silver market)
Ott

Silversmith: Open Lab

For students with a basic knowledge of jewelry making to use equipment.

Palo Duro, Juniper Wednesday, 12:00–3:00 pm



Metal Casting

Learn basic skills and methods.

Palo Duro, Juniper Thursday, 1:00–5:00 pm Ellis

Paper

Color Scratch Framing

Enjoy the shapes and color of scratch framing. Come use your skills and meet new friends. Material will be provided. Bring your own 4x6 photo.

North Valley, Room 4 Tuesday, September 6, 5:00–6:00 pm



Call the host center to sign up for classes.

See Page 3 for Center Directory

Pottery

Pottery Lab

For advanced and intermediate pottery students only.

Palo Duro, Piñon Wednesday, 8:00–11:30 am Self-directed

Bear Canyon, Room 4 Friday, 12:30–4:30 pm Christine Evans

Pottery: Introduction

Make pinch pots, work with coils and slabs, use the wheel, and sculpture fundamentals. Experienced students welcome. Materials fee.

Barelas, Room 4 Tuesday, 1:00–4:00 pm Thursday, 9:00 am–12:00 noon Marilu Tejero

Bear Canyon, Room 4 Thursday, 9:00–11:30 am session 1: May 12–Nov. 3, 2011 session 2: Nov 10–May 3, 2012 Christine Evans Sign up at the front desk

Pottery

This beginning, intermediate, and advanced class is for all levels of experience. Learn the latest pottery techniques. Materials fee.

Bear Canyon, Room 4 Tuesday, 9:00–11:30 am session 1: May 10–Nov. 1, 2011 session 2: Nov 8–May 1, 2012 Christine Evans Sponsored by Senior Arts Inc.

Los Volcanes, Room 4 Wednesday, 9:00 am–12:00 noon Christine Evans

Manzano Mesa, Room 3 Tuesday, 9:00 am–1:00 pm Carolyn Rigirozzi Thursday, 9:00 am–1:00 pm

North Valley, Room 4 Monday, 9:00 am–12:00 noon Christine Evans This class is for all levels

Palo Duro, Piñon **Friday**, 9:00–11:30 am Tejero

Pottery: Intermediate

For those with previous experience.

Bear Canyon, Room 4 Wednesday, 1:00–5:00 pm session 1: May 11–Nov. 2, 2011 session 2: Nov 9–May 2, 2012 Christine Evans, materials fee. See instructor for waiting list.



Punch Quilting

Punch Quilting

A "no sew" way to create fabric pictures and wall hangings. Just score your design on foamboard, cut shapes from batting and fabric, and punch the edges into the foamboard for a 3-D look.

Manzano Mesa, Room 3 Tuesday, 1:00–3:00 pm \$10, C.D. Arntzen, B. Knight

Quilting

Tuesday Angels

This group makes pillows, quilts, stuffed toys and lap robes, to donate to community organizations.

Palo Duro, Aspen Tuesday, 8:30–11:30 am

Quilting: Community Service

Simple quilts are made and donated to the children at All Faiths Receiving Home and Birth Right. Materials donations are welcome.

Los Volcanes, Room 2 Thursday, 9:00 am–1:30 pm Santillanes

Quilting

For novice and experienced quilters

Barelas, Rooms 4 Tuesday, Friday, 9:00 am–11:30 am Los Volcanes, Room 2

Thursday, 9:00 am-12:00 noon

North Valley, Room 3 Monday, 8:00 am-4:00 pm Sunday, 1:00-4:00 pm

Palo Duro, Cottonwood Tuesday, 8:00 am–12:30 pm Narosonia Spartz, Wanda Stanton Saturday, 9:00 am–1:00 pm Rostel, Dixon

Quilting: Experienced

These experienced hand quilters work on each other's quilts.

Bear Canyon, Rooms 5, 6 Tuesday, 8:30 am–12:00 noon Frankie Clark

Art of Making Ristras

New Mexicans have hung red chili stringed ristras for centuries. As you drive around our state, you see ristras hanging practically everywhere... they're one of the most common symbols of the "Land of Enchantment." Learn to make them yourself in this class. Ristras are good for decorating or make a nice gift. All material provided, including the chili pods. You will take your ristra home with you at the end of the class.

North Valley, Room 4 Tuesday, September 27, 5:30–7:00 pm Tuesday, November 1, 5:30–7:00 pm \$25, Adam Griego

Telescope

Amateur Telescope Making

Make your own telescope.

Manzano Mesa, Room 3 1st Wednesday, 7:00–9:00 pm Mike Pendley

Classes are free with membership unless otherwise stated.



Woodcarving

For women and men of all skill levels.

Barelas, Room 1 Tuesday, Friday, 9:00 am–11:30 am

Bear Canyon, Room 4 Friday, 8:00 am–12:00 noon Gerry Hobart

Los Volcanes, Room 10 Tuesday, 9:00–11:00 am Richey, Upson, Lovato Wednesday 12:00–4:00 pm (power tools) Juanita Hopes

Manzano Mesa, Room 3 Wednesday, 8:00–11:00 am Ralph Manchego

Woodcarving

Carvers do all types of relief and chip carving; wood burning, golf ball and santo carving, etc. People 9 and over are welcomed. (Children must have a parent present.) Bring your own tools.

North Domino Baca, Community Rm Wednesday, 12:30–3:30 pm Rivera, Hobart

Most classes require reservations and payment to the instructor at the first class.

Computer Classes

General Computer

Ask Computer Questions— Get Computer Help

Bring your computer problems or questions. The instructors will offer assistance, or you can learn through the discussion of other people's problems.

Manzano Mesa,
Computer lab
1st Saturday, 12:30–2:30 pm
M. Hadaway, J. Freedman, R. Bemis,
D. Collins, & E. Cardona



Beginner Computer

This course aims to reduce computer anxiety. Learn: how to use the mouse correctly so you don't get injured, how to surf the Internet, the keys on the keyboard, how to use different programs, and other fun things. Manual included.

North Valley, Computer lab Tuesday, Thursday, July 19, 26, 28 Monday, Wednesday, November 14, 16, 21, 23 10:00 am–12:00 noon \$25, check or money order in advance Ronnie Sklarin

Los Volcanes, Room 1 July 20, 22, 27, 29, December 7, 9, 14, 16 10:00 am–12:00 noon \$25, check or money order in advance Instructor: Ronnie Sklarin

Barelas, Computer Room August 10, 23, 25, November 1, 4, 7, 8 10:00 am–12:00 noon \$10/all classes

Apple

Apple Macintosh Day

Open to Mac users of any experience level. No registration required.

The Learning Corner—a different Macintosh subject every month, such as, word processing applications and using pdf documents, hard drive and operating system maintenance, photo scanning and managing photos, using email and Internet applications, and more!

Apple Users Group—announcements, open forum Q&A help time, and presentations.

Bear Canyon, Rooms 2, 5 and 6 3rd Saturday The Learning Corner 9:30–10:45 am

Apple Users Group 11:00 am–12:15 pm Facilitator: Bob Reed

Apple Macintosh Classes at Bear Canyon

Apple Macintosh Classes are planned for the first-half of 2011. Dates and times will be posted when available. Course fees vary.

- A five-session "All About Photos" lecture-demonstration course focusing on effective scanning and editing of photos, slides and negatives.
- Learn how to use Adobe's PhotoShop Elements application for photo editing, and more. This will be a joint ten-session Macintosh-Windows, hands-on course.
- An "Apple iPhoto '11" seven-session lecture-demonstration course covering all aspects of iPhoto '11.

To join the Bear Canyon Macintosh User Group e-mail list and receive advanced course notification plus receive regular "Mac Tips &



Call the center hosting the event if you have questions... See page 3 for center phone numbers.

Beginning Computers

This 8-hour beginning computer course acquaints the beginning user with computer terminology, essential concepts. Topics include an overview of popular computing functions: startup and shutdown procedures, keyboard and mouse operation. Each student will work at a computer.

North Valley, Computer Lab Tuesday, September 6, 13, 20, 27 5:00–7:00 pm \$25, check or money order in advance Mariann Johnston

Beginners Computer for Windows 7 and XP

Learn the basics. Includes using Calculator, Games, Paint, Wordpad, Copy and Paste. Intro to files and folders and MyComputer. Common computer terms and processes.

Manzano Mesa, Computer Room August 15, 19, 22, 26, 29, September 2 9:00 am–12:00 pm \$30, for 6-sessions. Register by: August 5. Jack Freedman

Computer: Starting From Scratch

Drop by this open workshop as often as you'd like to learn the basics for getting acquainted with a computer. The personalized coaching will introduce the terms like mouse, cursor, will describe how to turn the parts of the machine on and off, how to write something and save it on the computer and on a storage device. This will be a step-by-step introduction and hands on practice session to guide on using a computer.

Barelas, Computer Room Monday, 9:00 am–11:00 am \$3, Jack Freedman

Digital Photography · Page 32

Creating & Designing Web pages

This four part series is designed to teach the basic concepts and techniques of creating and designing web pages. Learn what goes into creating uncomplicated, easy to manage, attractive web pages. We'll learn the basic codes to create pages and how to enhance our pages following principals of good design.

Prerequisites: Good computer skills, an ability to deal with lots of details, lousy logic, inconsistencies and frustration. An abundance of patience, persistence and a playful attitude is essential. Completion of each session is a prerequisite for the next session.

Palo Duro, Cedar Crest Tuesday, Wednesday 1:00–3:00 pm Session I Sept 6–7, 13–14, 20–21 Session II Oct 4–5, 11–12, 18–19 Session III Nov 1–2, 8–9, 15–16 Session IV Nov 29–30, Dec 6–7, 13–14 \$30/session, Jim Genasci (Grandpa Jim)

Excel 2007 or 2010, Level 1

Create and format worksheets. Use simple formulas. Save, preview and print your worksheets. Learn tips and tricks galore! Learn Excel for your job or for a better system for personal data. Detailed handout included.

Manzano Mesa, Computer Room July 12, 14, 19, 21, 6:00–8:00 pm \$30, bring a flash drive Karen Hunt

Excel 2007 or 2010, Level 2

Learn more about formulas and functions, dates, sort and filter, worksheet protection, and charts. More tips and tricks on creating spreadsheets! Detailed handout included.

Manzano Mesa, Computer Room August 3, 4, 10, 11 6:00–8:00 pm \$30, bring a flash drive Karen Hunt

PC Overview: Beginners

We'll start with the basics. Keyboard and mouse skills required.

Bear Canyon, Room 2 Monday, Sep 12–Nov 14 2:45–4:45 pm \$30 plus materials, Marc LaChey

Monitored Computer Lab

Computer Lab

Open to members who wish to practice their computer skills or access the web. For those who need one-onone assistance with certain tasks, a computer instructor may be in the lab to answer questions or assist you.

Bear Canyon, Room 2 Monday, Thursday, Friday 9:00–11:30 am No registration required

Manzano Mesa, Computer Lab **Tuesday,** 9:00 am–12:00 Wednesday, 9:00–11:00 am

North Valley, Computer Lab Tuesday, Thursday, 1:00-3:00 pm

Palo Duro, Cedar Crest Monday, 1:00-3:00 pm **Friday,** 1:00–3:00 pm Schedule subject to change depending on computer classes and income tax preparation

PC Problem Solving and Users Group

Novice and experienced users take part in the discussion of PC hardware, software, experiences, what's new, help and shareware. No registration required.

PC Problem Solving Bear Canyon, Room 2 Monday, 1:00-2:30 pm Martha Mihalopoulos

PC Users Group Bear Canyon, Room 2 Wednesday, 12:15-2:30 pm Bert Radebaugh, Frank Krek

Computer: Intermediate

Reduce frustration and learn what's possible and how to do it. Customize your computer so it works well for you. Bring your questions and frustrations. Students receive a manual. Mouse and keyboard skills required.

North Valley, Computer Lab Tuesday, Thursday, Sep 6, 8, 13, 15 10:00 am-12:00 noon \$25, check or money order in advance Ronnie Sklarin

Los Volcanes, Room 1 September 14, 16, 21, 23 10:00 am-12:00 noon \$25 check or money order in advance Ronnie Sklarin

Barelas, Computer Room October 17, 18, 24, 25 10:00 am-12:00 noon \$10, all classes, Ronnie Sklarin

Intermediate Computer **Functions**

Topics include how to: use a flash drive; write/backup files/folders to a cd disk or flash drive; make a music cd; transfer pictures from digital camera to your pc; install and use new programs. Mouse and keyboard skills

Manzano Mesa, Computer Room December 5, 9, 12, 16, 19, 23 9:00 am-12:00 noon \$30/6 sessions Register by November 24 Iack Freedman

Level 1 Publisher: 2007/2010

The best thing since sliced bread-Microsoft Publisher! Create eyecatching, colorful flyers and signs, letterheads, greeting cards, business cards, labels and much more. Many tips and tricks such as using clipart and photographs will be included to help you create and modify your publications. Detailed handout included.

Manzano Mesa, Computer Room September 6, 7, 13, 14 6:00-8:00 pm \$30, bring a flash drive Karen Hunt

Level 2 Publisher: 2007/2010

Continuing from Publisher 1, we will use the Wizards to create brochures, newsletters, and booklets. More advanced features will be added to your bag of tricks: guide marks and grids, order objects, Design Gallery objects, align and distribute objects, inserting files, connecting text boxes, master pages, adding captions to photos, tables (such as a table of contents), using the Content Library, and sending an email newsletter. Detailed handout included.

Manzano Mesa, Computer Room October 18, 20, 25, 27 6:00-8:00 pm \$30, bring a flash drive Karen Hunt



Call the host center to reserve. Events are free with membership unless otherwise stated.



Photos & Text Boxes: Word 2007/2010

Have fun while documenting family events, trips, or other special events using Word's enhanced features. Topics include inserting and formatting photos and clipart, adding enhancements such as WordArt, columns, and text boxes. Prerequisites: Word 1. Detailed handout included.

Manzano Mesa, Computer Room November 8, 10, 15, 17 6:00-8:00 pm \$30, bring a flash drive Karen Hunt

North Domingo Baca, Computer Lounge Dec 6, 8, 13, 15, 10:00 am-12:00 pm \$30, bring a flash drive Karen Hunt

Stylin' with Word: 2007/2010

Styles has been one of the most under-used features in Word, yet one of the most useful and powerful. Now, however, they are much more accessible and easy to use than in previous versions of Word. You will want to use styles to easily format your documents, long or short, and even add a cover page. You will also learn how to modify the styles to suit your needs. Detailed handout included. Prerequisite: Word 1.

Manzano Mesa, Computer Room December 6, 8, 13 6:00-8:15 pm \$30, bring a flash drive Karen Hunt

Windows 7 Basics

This is a basic computer class using Windows 7 operating system. Windows 7 is the latest operating system from Microsoft. Interned and Email are not covered. We help beginners. You are encouraged to bring your laptop to class. Desktops with Windows 7 are available.

Bear Canyon, Room 2 Tuesday, June 7, 14, 21, 28 Tuesday, October 4, 11, 18, 25 12:30–3:30 pm \$25, 4 weeks Mary Sandoval Palo Duro, Cedar Crest

Monday, Aug 22, 29, Sep 12, 16 9:00–12:00 noon \$25, 4 weeks, Sandoval

Word 2010 Basics

Introduction to the ribbon, tabs, groups and features for word 2010. You are encouraged to bring your laptop to class.

Bear Canyon, Room 2 Tuesday, July 19, 26 Tuesday, November 8, 15 12:30–3:30 pm \$15/2 classes, handouts provided. Mary Sandoval

Palo Duro, Cedar Crest Monday, September 19, 26 9:00–12:00 noon \$15/2 classes, handouts provided. Mary Sandoval



Windows 7, Level 1

Learn how to manipulate windows, start programs, use help, customize settings such as screen colors and screen saver, use Windows accessories (Calculator, WordPad, and Games), use gadgets and the clipboard, virus protection, and perform shutdown and reboot.

North Domingo Baca, Computer Lounge July 19, 21, 26, 28, 10:00 am–12:00 \$30, detailed handout included Karen Hunt

Manzano Mesa, Computer lab October 29, November 5, 12, 9:15 am–12:15 pm \$30, detailed handout included Karen Hunt

Windows 7, Level 2, Files and Folders

Managing the information on your computer presents quite a challenge for all computer users. In this course we will explore storage drives; files, folders, and libraries; the Computer program; the Recycle Bin; Search; creating shortcuts on your Desktop; using Windows Disk Defragmenter; and automatic updates. Detailed handout included.

Manzano Mesa, Computer Lab August 13, 20, & 27 \$30, bring a flash drive Karen Hunt

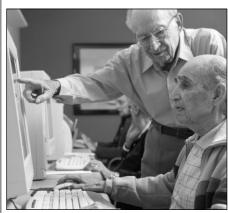
North Domingo Baca, Computer Lounge Nov 1, 3, 8, 10, 10:00 am–12:00 pm \$30, bring a flash drive Karen Hunt

Windows XP Level I

Learn how to use a mouse, manipulate windows, start programs, use help, customize settings, use Windows accessories (Calculator, Wordpad, and Games), use the Windows clipboard, use virus protection, and perform shutdown and reboot.

Los Volcanes July 18, 20, 25, 27, 2:00–4:00 pm Nov 28, 29, Dec 5, 6, 2:00–4:00 pm \$30, Karen Hunt

Activities are free with membership unless otherwise indicated.



Windows for XP, Vista, and Windows 7, Files and Folders for Beginners

In this course we will explore storage drives; files, folders, and libraries; the computer program; the recycle bin; search; creating shortcuts on your desktop; using Windows disk defragmenter; and automatic updates.

Los Volcanes Oct 17, 19, 24, 26, 2:00–4:00 pm \$30, bring a flash drive Karen Hunt

Word 2007 or 2010, Level 1

Acquire the skills you will need to create documents: create and edit text; use spell and grammar check; enhance text with fonts, bullets, and numbering; copy and move text; undo; set margins; use auto correct; and save and print. Detailed handout included.

Manzano Mesa, Computer Lab August 23, 24, 30, 31 6:00–8:00 pm \$30, bring a flash drive Karen Hunt

North Domingo Baca, Computer Lounge September 8, 9, 12, 13, 10:00 am–12:00 noon \$30, bring a flash drive Karen Hunt

Word 2007 Tables and Tabs

Arranging text in horizontal columns can be accomplished with tabs or tables. This course covers both of those topics: setting and using custom tabs and creating tables (arranging text in rows and columns). The table is one of the most exciting and versatile features ever added to a word processing program! Students will create and format tables, including forms, financial records, and name and address lists. Many tips and tricks will be included. Detailed handout included. Prerequisites: Word 1 or knowledge of those topics.

Manzano Mesa, Computer Lab September 1, 8, 15 6:00–8:45 pm \$30, bring a flash drive Karen Hunt

Word 2007 Flyers & Greeting Cards

Save money and have fun creating one-page flyers and greeting cards for all occasions in Word. Topics include inserting clip art and photos; creating upside-down text; using colorful templates from Microsoft; working with text; and using Word's incredible drawing tools. Detailed handout included.

Manzano Mesa, Computer Lab October 5, 6, 12, 13 6:00–8:00 pm \$30, bring a flash drive Karen Hunt

North Domingo Baca, Computer Lounge October 18, 20, 25, 27 10:00 am–12:00 noon \$30, bring a flash drive Karen Hunt



Internet

Enjoying the Internet

Learn how to: access the Internet and to shop safely without compromising personal information; find information at State, City, County and medical websites. Students receive a manual as part of the course. Mouse and keyboard skills required.

North Valley, Computer lab Tuesday, Thursday, August 9, 11, 16, 18 10:00 am–12:00 noon \$25, check or money order in advance Ronnie Sklarin

Los Volcanes, Room 1 August 17, 19, 24, 26 10:00 am–12:00 noon \$25, check or money order in advance Ronnie Sklarin

Barelas, Computer Room September 19, 20, 26, 27 10:00 am–12:00 noon \$10, all sessions Ronnie Sklarin

Beginning Internet

The following topics will be discussed in this 8-hour class: browsing the web, communicating through the internet, and social networking.

North Valley, Computer Lab Tuesday, November 1, 8, 15, 22 5:00–7:00 pm \$25, check or money order in advance Mariann Johnston

Internet Level 1

Learn internet terms, go to web sites, use Favorites, do email and attachments, do internet searches. Get a free email address & learn to use it. Mouse and keyboard skills required.

Manzano Mesa, Computer Lab October 10, 14, 17, 21, 24, 28 9:00 am–12:00 noon \$30, Jack Freedman

Most activities require advanced registration. Call the host center for info and to reserve, see page 3 for center directory.



Computer classes begin on page 28

Internet Users Group

Each meeting has a presentation and Q&A on a topic related to the internet. No sign up required

Bear Canyon, Room 2 4th Thursday, 7:00–9:00 pm Rod Gwyn

E-mail

We'll set you up with a free email address at Yahoo or Google so you can send and receive e-mail from any computer in the world that has Internet. Previous computer experience is recommended.

North Valley, Computer Lab Tuesday, Thursday, Oct 4, 6, 11, 13 10:00 am–12:00 noon \$25, check or money order in advance Ronnie Sklarin

Los Volcanes, Room 1 October 12, 14, 19, 21 10:00 am—12:00 noon \$25, check or money order in advance Ronnie Sklarin

Barelas, Computer Room November 8, 10, 15, 17 10:00 am–12:00 noon \$10, all sessions Ronnie Sklarin

Facebook for Seniors

Many seniors, who do not use Face-book the way younger people do, are learning Facebook to maintain communications with their family (siblings, parents, children and grand-children). That will be the emphasis in this class. Learn how to navigate, post news, send private messages, view family photos and post your own, change privacy settings, and a bit about finding 'friends' if you want to find a long-lost cousin or even a friend. Detailed handout included.

Los Volcanes, Room 1 August 15, 17, 22, 24, 2:00–4:00 pm \$30, check or money order in advance Karen Hunt

North Domingo Baca, Computer Lounge August 22, 23, 29, 30 10:00 am-12:00 noon \$30, Karen Hunt

Manzano Mesa, Computer Lab October 1, 8, 22, 9:15 am–12:15 pm \$30, Karen Hunt

North Valley, Computer Lab Wednesday, Friday, Oct 5, 7, 12, 14 2:00–4:00 pm \$30, Karen Hunt

Geneology

WHO ARE YOU? Join this class to discover your roots. This introductory activity explores the question of your ancestry. We begin by using pedigree and family history charts, working on oral histories from older family members, discussing various family tree programs that are computer based, spend some time searching the internet in particular ancestry.com and move on to using the free available resources on the internet. The last 2 sessions will be for individuals to explore materials and receive assistance from the instructor.

North Domingo Baca, Computer Lounge Thursday, 9:00–10:00 am August 18–September 8 Nang E. Rogers

Digitally Creating Calendars

Using Creative Memories free software, learn to make a custom calendar that is a perfect way to showcase and enjoy your photos and memories all year long, as well as keeping track of those special dates like birthdays, and anniversaries. Choose from two sizes, 12x18 or 8x12! Both offer the unique perforation that allow you to remove the pages from the calendar grid and put them in an album. Bring 12-40 digital photos and create a great gift in 2 sessions. Ordering calendars is optional and additional cost. Prerequisites: Must have knowledge of computers.

Palo Duro, Cedar Crest Wednesday, October 5, 12, 9:00–11:00 am \$10, bring 4 GB flash drive Greenwood

Digitally Creating Presents-Make a Mug!

Using creative Memories free software, combine your photos with designer templates to create unique 11-oz or 15-oz mugs. Bring 1–8 digital photos and create this great gift in 1 session. Ordering mugs is optional and additional cost. Prerequisites: Must have knowledge of computers.

Palo Duro, Cedar Crest Wednesday, October 19 9:00–11:00 am \$10, bring 4 GB flash drive Greenwood

Multimedia

Multi-Media Group

This group meets to see demonstrations and discuss various aspects of the use of the computers in the creation, editing, acquisition, saving, compression and conversion of digital photos, video and audio files.

Bear Canyon, Room 2 2nd Thursday, 7:00–8:45 pm no sign up required Shaft, Elosua

Computer Photography

Flash Drives

Flash drives are becoming the standard for portable storage. Learn how to use a flash drive. (You may want to take this class before taking other computer classes so you can use you flash drive in other classes.) Handout included. You can buy a good flash drive for about \$10.

Manzano Mesa, Computer lab July 6, 7, 6:00–8:00 pm \$15, bring a flash drive Karen Hunt

North Domingo Baca, Computer Lounge July 12, 14, 10:00 am–12:00 noon \$15, bring a flash drive Karen Hunt

Los Volcanes August 1, 3, 2:00–4:00 pm Dec. 2, 9, 2:00–4:00 pm \$15, bring a flash drive Karen Hunt

North Valley, Computer Lab Wednesday, Friday, August 10, 12, 2:00–4:00 pm \$15, bring a flash drive Karen Hunt

Storybook Creator Digital Photo Albums

Bring 50–100 digital photos and make your own scrapbook. Ordering is optional and cost varies with the size of the album. If you have a laptop, please bring it and you will have the free program in your own computer. Prerequisites: Must have knowledge of computers. Bring 4GB flash drive.

Palo Duro, Cedar Crest Wednesday, August 10, 24, 31 \$15, payable to instructor Greenwood

Print Artist Platinum 22–Beginners Class

Learn to make personalized greeting cards, signs, brochures, certificates, and name tags, labels, business cards, calendars and more. It's fun to personalize your items and learn to be creative. Prerequisites: Mouse and keyboard skills required.

Palo Duro, Cedar Crest Sep 6, 13, 20, 27, Oct 4, 11 Tuesday 9:30–11:30 am \$30, 6-weeks, bring 4GB flash drive Farmer, Love

Print Artist Platinum 22–Intermediate

The fast easy and fun way to create spectacular print projects, such as: greeting cards, posters, scrapbooks, send E-mail graphics, etc. Prerequisites: Print Artist I required.

Palo Duro, Cedar Crest Oct 17, 24, 31, Nov 7, 14, 21 Monday, 1:00–3:00 pm \$30, 6-weeks, bring 4GB flash drive Roe, Kobetich

Photoshop Elements Class

Learn to change image appearance; remove or add components; re-size, warp and distort images; repair damaged images. Special effects, animation, and numerous other tools will be included.

Bear Canyon, Room 2 September 13–October 13 Tuesday, 10:00–12:00 noon Thursday, 12:00 noon–2:00 pm \$30/five weeks (ten classes) \$3 for handout materials Jim Maclay at jmaclay2@comcast.net



Digital Camera Classes with Walter Punke

\$15 per person, \$25 per couple

Digital Camera Operating Guidelines

Learn care, treatment and appropriate selection and use of your camera menu items, settings and modes. Expand mastery and control of settings for different shooting environments.

North Valley, Room 3 Tuesday, July 26, 4:30–6:30 pm

Palo Duro, Ponderosa Wednesday, August 3, October 12, December 28 4:30–6:30 pm

Bear Canyon, Room 4 Thursday, October 27 7:00–9:00 pm

Manzano Mesa, Room 5 Saturday, October 29, Saturday, December 31 10:00 am-12:00 noon

North Valley, Room 2 Tuesday, November 22, 4:30–6:30 pm

Basic Digital Camera Usage

Become familiar with the features on your digital camera and broaden photographic opportunities. Learn the buttons, switch and dial symbols for various shooting situations.

Palo Duro, Ponderosa Wednesday, July 27, 4:30–6:30 pm Bear Canyon, Room 4 Thursday, August 11, 7:00–9:00 pm

Digital SLR Camera Basics

Single-lens reflex cameras offer the most in photographic selection and control. Learn to use your camera's mode options, special features and settings to select ideal presets for different "shooting" environments.

Palo Duro Wednesday, August 10, October 26 4:30–6:30 pm

Manzano Mesa, Social Hall West Saturday, December 3 10:00 am–12:00 pm

North Valley, Room 3 Tuesday, December 13, 4:30–6:30 pm

Free Digital Camera Q&A

Join us for a free Digital Camera Question and Answer session focusing on operational inquiries. There will not be the capability to handle any repair problems.

North Valley, Lobby Tuesday, July 26, November 22, December 13, 2:30–4:00 pm

Bear Canyon, Room 4 Thursday, August 11, October 27 5:00–6:30 pm

Improve Your Photographic Skills

Improve your photographic composition skills and pictures by learning to presets, menu offerings, modes and techniques for greater creativity and personal satisfaction.

Palo Duro, Ponderosa Wednesday, October 9 5:00–7:00 pm

Bear Canyon, Room 4 Thursday, December 8 7:00–9:00 pm

Preparing For Photography Contests

Want to enter photo Contests? Prepare for the opportunities by learning procedures and techniques to improve your photographic composition skills and results. Acquire information about photography contests, guidelines and opportunities.

North Valley, Room 3 Tuesday, August 2, 4:30–6:30

Digital Camera Accessories Selection and Purchase

Want to upgrade from your current digital camera or transition from film to the benefits of control and instant gratitude of digital photography?

Bear Canyon, Room 4 **Thursday, August 4** 7:00–9:00 pm

Palo Duro, Ponderosa Wednesday, November 30 4:30–6:30 pm



Expanded Digital Camera Applications

Increase your photographic opportunities with enhance understanding of the operational settings available with your digital camera. Practice mode functions and setting possibilities for shooting desirable photos in unusual conditions.

Palo Duro, Ponderosa Wednesday, December 7 4:30–6:30 pm

Evaluating Photographic Composition

Participants will use furnished guidelines to assess and react to composition of various to enhance composition skills and expand one's ability to take desirable photos. Learn to use evaluative techniques used by judges in photo contests.

North Valley, Room 3 Tuesday, August 9, 4:30–6:30 pm Palo Duro, Ponderosa Wednesday, December 14 4:30–6:30 pm

Taking Better Digital Photographs

Learn/practice procedures and refinements you can apply to immediately improve your photographic composition skills and results. Note: Be certain to bring your digital camera, two sets of batteries, storage card(s), connectivity cable and manual for your unit.

Manzano Mesa, West Social Hall Saturday, August 6, 10:00 am–12:00



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Excel 2007

Learn about naming, saving work, page setup, flashdrives, spreadsheet formats, the office button, the quick access toolbar, and the ribbon command tabs. Prerequisites: previous computer experience, good keyboard and mouse skills. No laptops.

Palo Duro, Cedar Crest, Computer Rm. Friday, See bulletin for dates, 4 weeks 12:00 noon–2:00 pm \$15, includes CD Ken Bruno

Excel 2003, Level 1

Description: Create and format worksheets. Use simple formulas. Save, preview and print your worksheets. Learn tips and tricks galore! Learn Excel for your job or for a better system for household data. Detailed handout included.

North Valley, Computer Lab Tuesday, July 26, Aug 2, 9, 16 5:00–7:00 pm \$30, bring a flash drive Check or money order in advance Karen Hunt

Excel 1

Create and format worksheets. Use simple formulas. Save, preview and print your worksheets. Learn Excel for your job or to organize household data

Los Volcanes December 12, 13, 16, 19, 2:00–4:00 pm \$30, bring a flash drive

Word 2003 Level I

Create and edit text, use spell and grammar check, enhance text with fonts, use bullets and numbering, copy and move text, set margins, and save and print.

Los Volcanes Aug 19, 26, Sept 2, 9, 2:00–4:00 pm Oct 31, Nov 2, 7, 9 \$30, bring a flash drive

Word 2003 Photos and Text Boxes

Have fun while documenting family events, trips, or other special events using Word 2007's enhanced features. Topics include inserting and formatting photos and clip art, adding enhancements such as WordArt, columns, and text boxes. Detailed handout included. Prerequisites: Word I

Los Volcanes, Room 1 November 14, 16, 18, 21 2:00–4:00 pm \$30, bring a flash drive Karen Hunt

Word 2003 Tables and Tabs

Arrange text in horizontal columns with tables. The table is one of the most exciting and versatile features ever added to a word processing program! Students will create and format tables, including forms, financial records, and name and address lists. Many tips and tricks will be included. Detailed handout included.

Los Volcanes, Room 1
October 3, 4, 10, 11, 2:00–4:00 pm
\$30, bring a flash drive
Karen Hunt

Beginning Word

This 8-hour class teaches basic features of Word: setting up a document, saving documents, and printing the document. You will get experience formatting text and inserting clip art.

North Valley, Computer Lab
Tuesday, October 4, 11, 18, 25
5:00–7:00 pm
\$25, check or money
order in advance
Mariann Johnston

Word I

Learn to create documents, edit text, use the spell checker, copy, move and paste text, set margins, change fonts, select text, and save and print. Students receive a manual. Mouse and keyboard skills required.

North Valley, Computer Lab Tuesday, Thursday, December 6, 8, 13, 15, 10:00 am–12:00 noon \$25, check or money order in advance Ronnie Sklarin

Making Flyers & Greeting Cards in Word

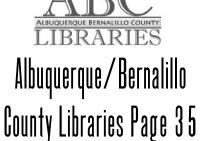
Save money and have fun creating one-page flyers and greeting cards in Word. Topics include inserting clip art and photos; creating upsidedown text; using colorful Microsoft templates; working with text; and using Word's incredible drawing tools. Detailed handout included.

Los Volcanes, Room 1 September 12, 13, 14, 15 2:00–4:00 pm \$30, bring a flash drive

PowerPoint (2007 or 2010)

Create dynamic slide presentations: remembering a once-in-a-lifetime vacation, family reunion, documenting a home remodeling project, chronicling baby's first years, capturing favorite soccer team photos. Add music, clipart, photos, and videos. Learn how to publish the presentation on the web. Tips and tricks galore. Detailed handout included.

North Domingo Baca Computer Lounge Oct 6, 7, 13, 14, 10:00 am–12:00 \$30, bring a flash drive Karen Hunt



Writing Classes and Groups

A Poet's Space

This writers group offers a safe and supportive environment for poets to share their work. We will do some exercises to help with writer's block or simply stimulate our writing juices. The object is to share, have fun with poetry and discover our creative voices. Come with notebooks, writing paper pens, or your laptop if you wish.

North Valley, Room 3 2nd & 4th Thursday, July 14 1:00–3:00 pm Juanita Sanchez

Creative Writing Group

Aspiring writers meet to create, share, critique and perfect their work in this supportive and non-threatening group.

Highland, Room 1 Thursday, 1:00–3:00 pm

Fiction, Non-Fiction & Poetry

All forms of writing are explored.

Bear Canyon, Room 1 Monday, 2:30–3:45 pm Rob Spiegel, Larry Greenly No registration required

Memoirs/Recuerdos

Write your memories for your children and grandchildren.

North Valley, Room 3 Every other Thursday, 1:00–3:00 pm Lucinda Sachs

Society of Children's Book Writers and Illustrators

Meet to discuss the art of writing children's books.

Manzano Mesa, Room 5 2nd Tuesday, 7:00–8:45 pm Lisa May

TGIF Poetry Group

Devoted to reading the poetry of its members, contemporary poets, as well as great poets of the past.

Bear Canyon, Room 3 1st and 3rd Friday, 1:00–3:00 pm Allan Roth, no registration required

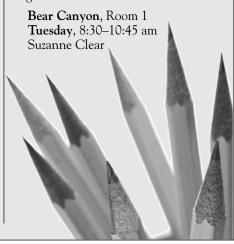
Writing for Fun Group

For encouragement in the "inspirational" literary field. Critiques are amicable and offered only when requested.

Manzano Mesa, Room 5 Monday, 1:00–3:00 pm Lee Brown

Writing Your Autobiography

This ongoing workshop focuses writing about events in one's life.



Music Classes

The Piano or Keyboard

Play in only ten one-hour sessions. This class is designed for success, easy to follow instructions, simple songs, easy to read big notes and no previous training required.

Los Volcanes, Room 10
Saturday, Aug 6–Oct 15,
9:30–10:30 am
Henry Smith
\$20/10 lessons,
pay instructor 1st class

Piano Workshop

Piano instruction for beginners and intermediate students.

Bear Canyon, Room 3 Beginners, Thursday, 9:30–10:30 am Intermediate, Thursday, 10:30–11:30 am No classes June–August Darlene Cox No registration required

Violin Workshop

Learn the basics of playing the violin. Students must have their own instrument. Beginners welcome.

Bear Canyon, Room 1 Friday, 8:00–10:00 am Garcia No registration required



Language Classes

Dutch Speaking Group

Speak Dutch? Join us to converse, share jokes and enjoy each other's company.

Bear Canyon, Lobby Friday, 10:00–11:30 am

French: Advanced

Everyone with a good speaking and reading basis in French is welcome. We focus on conversation, reading, listening and grammar review.

Palo Duro, Aspen Monday, 1:00–2:45 pm Instructors: Goldsmith, Tailby

Continuing Beginners French

This is a Continuing Beginner's level class but will be open to anyone who needs to brush up on their French.

North Valley, Room 3 Friday, July 8, 15, 22, 29, August 5, 12, 1:00–2:30 pm \$5 materials, Julia Devine

French: Beginners

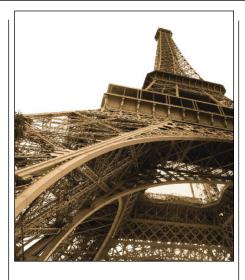
This introductory class is structured to be the perfect precursor for learning to speak, read and write simple French or for vacationing in France. Emphasis on pronunciation, the alphabet, numbers, basic grammar and vocabulary building, simple phrases and questions. Role playing will be used for real life situations such as asking directions, going to the restaurant, booking a hotel room, going shopping etc. Bring your own French/English dictionary.

North Domingo Baca, Classroom 1 Thursday, 4:00–5:30 pm \$30/10-week class (non-refundable) Julia Divine (started June 28)

French: Beginners

For absolute beginners. Requires no prior knowledge of French.

North Valley, Room 3 Friday, October 7, 14, 21, 28, November 4, 18, 1:00–2:00 pm \$5 materials, Julia Devine



French: Intermediate

In this progressive French class students review grammar, read from literary texts, practice conversation and familiarize themselves with French history and culture.

Bear Canyon, Room 3 Saturday, July 2–Sept 24, 9:30–11:00 am





German: Beginning

This is a continuing class in beginning German, which started with the basics of pronunciation and grammar. See instructor about textbook.

Palo Duro, Aspen Thursday, 8:45–11:30 am, Ohlen

German: Intermediate

Learn fundamentals with emphasis on conversation. A new textbook and new methodology will make this course different from previous ones taught by the instructor.

Bear Canyon, Room 1 Monday, 10:00 am–12:00 noon, Roth

Italian: Beginning

A continuation of a 2009 Italian conversation, grammar and culture class. The basics of first year Italian grammar are required. Admission by permission of instructor.

Los Volcanes, Room 2 Wednesday, 2:00–4:00 pm \$2/class, John Zarola

Look for this logo for evening and weekend activities.



Italian: Intermediate

Gain basic tools to get around in Italy, as well as an appreciation of the culture, with an emphasis is on reading, grammar, conversation and verbs.

Bear Canyon, Room 3 **Tuesday**, 11:00 am–1:00 pm Register with Alex Trujillo

Monday, 1:00–3:00 pm, Lydia Coons No registration required

Sign-Language

You will learn basics of sign language, including the manual alphabet, counting, plus familiar words and phrases.

North Valley
Tuesday, June 21, 28,
July 5, 12, 19, 26, South Social Hall
2:00–3:30 pm
Tuesday, Nov 1, 8, 15, 22, 29,
Dec 6 Library
5:00–6:30 pm
Pam Jenkins

Spanish with Guadalupe

Join Guadalupe Rivera in this fun conversational Spanish class.

Los Volcanes, Room 1 Spanish 101 Thursday, Aug 18–Oct 6 Thursday, Oct 20–Dec 15 10:00 am–12:00 noon

Spanish 102 Saturday, August 20–October 8 Saturday, October 22–December 17 10:00 am–12:00 noon \$25/8-week class

Spanish: Intermediate

Converse, read, and translate.

Palo Duro, Ponderosa Pine Tuesday, 1:00–3:00 pm, Arndt

Digital Photography · Page 32

Activities are free with membership unless otherwise indicated.

Spanish: Intermediate to Advanced

Conducted mainly in Spanish. Activities emphasize speaking, listening and reading as students take turns planning and conducting the class.

Bear Canyon, Room 3 Tuesday, 9:00–11:00 am Arenholz, Siler Call to see if space is available

Spanish: Grammar Review, Conversation

Improve fluency as you carry on conversations with others in Spanish.

Bear Canyon, Room 3 Tuesday, 1:00–3:00 pm King, Campbell Los Volcanes, Social Hall

Tuesday, 2:00–3:00 pm Instituto Cervantes \$50, Begins July 19

Inglés

Inglés por principiantes, Nivel Uno: Aprende a comunicar en inglés para establecerse bien en la comunidad. Se necesita entender lo que se pasa en derredor de usted. Este curso le apoderá para sentirse más a gusto con el idioma y para superar. La Dra. Judy usa técnicas que ella desarrolló a través de 20 años para aprender más rápidamente y recordar la información.

Barelas Tuesday 2:00–4:00 pm Dr. Judy Varek

Manzano Mesa, Room 4 Please call center for date and time Dr. Judy Varek

Most classes require reservations and payment to the instructor at the first class.

Albuquerque/Bernalillo County Libraries



Library Numbers and Locations

ALAMOSA LIBRARY. 6900 Gonzales SW, 836-0684

CHERRY HILLS LIBRARY, 6901 Barstow NE, 857-8321

EAST MOUNTAIN LIBRARY, 1 Old Tijeras Rd. (Tijeras) 281-8508

ERNA FERGUSSON LIBRARY, 3700 San Mateo NE, 888-8100

ERNIE PYLE LIBRARY, 900 Girard SE, 256-2065

JUAN TABO LIBRARY, 3407 Juan Tabo NE, 291-6260

LOMAS TRAMWAY LIBRARY, 908 Eastridge NE, 291-6295

Los Griegos Library, 1000 Griegos Rd. NW, 761-4020

MAIN LIBRARY, 501 Copper NW, 768-5141

NORTH VALLEY LIBRARY, 7704-B 2nd St. NW, 897-8823

SAN PEDRO LIBRARY, 5600 Trumbull SE, 256-2067

SOUTH BROADWAY LIBRARY, 1025 Broadway SE, 764-1742

SOUTH VALLEY LIBRARY, 3904 Isleta SW, 877-5170

SPECIAL COLLECTIONS LIBRARY, 423 Central NE, 848-1376 (Genealogy and Local History)

TAYLOR RANCH LIBRARY, 5700 Bogart NW, 897-8816

TONY HILLERMAN LIBRARY, 8205 Apache NE, 291-6264

WESTGATE LIBRARY, 1300 Delgado SW, 833-6984

Preschool Passport

Passport is a traditional storytime for 3–5 year olds.

Juan Tabo Library, Children's Area Friday, 11:00 am

A Good Yarn

If you enjoy knitting, crocheting or other needle craft, join our weekly drop in stitch group. All ages and skill levels.

Taylor Ranch Library 1st Friday, 2:00–3:30 pm

Chess Club

Learn chess with coach Rod Avery. All ages welcome, no sign up re-

Cherry Hills Library, Community Meeting Room July 2nd, 1:00–3:00 pm

Sandia Stitch 'n Time

Join us for this afternoon needlework group.

East Mountain Library 1st & 3rd Saturday, 1:00–3:00 pm

An Itch to Stitch

Do you have an itch to knit, crochet, embroider, or needle craft? For adults all skill levels welcome!

Cherry Hills Library Tuesday, July 5, 10:00-12:00 noon

Stitch Club

Join our drop-in stitching club if you enjoy knitting, crocheting, or any other stitching type craft.

Tony Hillerman Library Tuesday, 11:00 am

Mystery Book Club

Cherry Hills Library Tuesday, 6:00-7:30 pm

Master Gardeners

Have a gardening question? Master Gardeners will be available for your questions

Cherry Hills Library 2nd & 4th Saturday, July-August 10:00 am-3:00 pm

Reading Group

The Taylor Ranch Branch Reading Group. Check out what we are reading at http://libguides/cabq.gov/tr.

Taylor Ranch Library 2nd Saturday, 2:00–3:30 pm

Bookworms: Eleanor Roosevelt

Choose any biography of Eleanor Roosevelt to discuss!

Juan Tabo Library, Children's area Tuesday, July 12, 1:30–2:30 pm

Early Birds

Early Birds (for ages 0-3) helps develop children's early literacy skills in a fun environment using books, rhymes, songs and fingerplays.

Los Griegos Library Wednesday, 11:15 am

Book Club

Erna Fergusson Library 3rd Monday, 6:00–7:30 pm

Family Movie Matinee

East Mountain Library

Join us for a family movie. Children under the age of 11 must be accompanied by an adult.

4th Thursday, (505) 281-8508 for movie titles & times

Book Club

Read and discuss a variety of fiction and non-fiction books. Call (505) 291-6295 for current book

Lomas Tramway Library 1st Wednesday Begins August 3, 2:00–3:25 pm

Stitch Along

Ages 5-15 explore the world of embroidery. Children under 11 must be accompanied by an adult.

East Mountain Library, Plauet Children's Area Saturday, August 6, 10:30 am-12:30 pm Information (505) 281-8508

Art Through the Ages

Don't be a square! Try out your skills as modern geometric painter Piet Mondrian!

Juan Tabo Library 1st Saturday, Begins August 6, 1:00-3:00 pm

Xeriscape and Landscape Conversion Seminars

Learn about xeriscape principles, plant selection, design strategies, and drip irrigation.

Cherry Hills Library Saturday, August 13, 11:00 am-12:00 noon

Adult Storytime

Who says storytime is just for children? Join us as a library staff member reads aloud to an adult audi-

Lomas Tramway Library Tuesday, August 16 10:30–11:30 am meets quarterly on the 3rd Friday

Poetry Circle

Join this poetry discussion group.

Cherry Hills Library Wednesday, October 19, 3:00-4:30 pm





Other Classes

Anthropology

This class will cover how we got the color of our skin, how traditions began, and why they continue. The class will cover cultural and physical anthropology and archaeology over a 25-week period in three segments.

Bear Canyon, Room 3 Monday, June 6–Dec 12 10:00–11:00 am Joan Ludeke, Ph.D

Home Composting Class

Create your own inexpensive soil amendment. Kitchen garbage smells better without food scraps and septic tanks benefit from less waste. About 13% of landfill garbage is green waste and 12% is food waste, both make a gourmet delight for your garden.

North Valley, Room 3 Thursday, July 21, 1:30–3:30 pm John Zarola

Bear Canyon, Room 5 Saturday, July 23 Saturday, October 1 9:00–11:30 am, John Zarola

Los Volcanes, Room 2 Saturday, September 10 Saturday, December 10 9:30–11:00 am, John Zarola





Magic Course

Larry Marken, AKA Professor Calamitus C. Cheesecurdle will demonstrate how to perform magic tricks using, playing cards, coins, paper, and other household items. By the end of the eight weeks, participants will be able to perform a variety of fun magic tricks and learn how to organize and present a show.

Bear Canyon, Room 3 Thursday, Aug 4–Sep 22 1:00–2:30 pm Larry Marken

North Valley, Room 4 Monday, Oct 3, 10, 17, 24, 31, Nov 7, 14, 21, 2:00–3:00 pm Larry Marken

Musical Scrapbook: Songs of a Lifetime

Music engages our creative spirit and remains vivid in memory throughout a lifetime. But what do the songs you remember say about YOU? This class explores music as a powerful tool for discovering personal meaning. Create a Musical Scrapbook to tell the story of your life.

Bear Canyon, Room 6 Thursday, September 1–22 10:30–11:30 am, \$20, Emily Freede

Off-Road GPS Basics

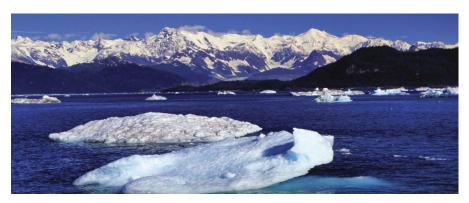
Broaden your recreational use and apply specific functions available on your field GPS Unit. Practice "navigating" the menu options and settings offered for enjoyable orienteering, hunting, Geocaching and exploring pleasure. Note: Bring your GPS, manual, charged batteries with backup.

Manzano Mesa, Room 3 Wednesday, August 13 10:00–12:00 pm, \$12, Walt Punke

Planning for the Time Opportunities of Retirement

Focus and prepare how you will spend your time in retirement. Why not be ready for the sudden and life-changing transitions retirement offers? Be prepared for the unexpected consequences of available time, identity change, and emotional differences experienced when one retires to a satisfying change in life style.

Manzano Mesa, Room 3 • Saturday, October 15 & 22 10:00–12:00 pm \$30/person or \$45/couple, for two sessions and a workbook filled with activities for personal introspection. Walt Punke



Psychic Passage

Join this eight-week intuitive development course where you will enter Cynthia's world of vibrations, feelings and vision and ignite your own dormant abilities. Weeks 1–4 will cover basic principles, philosophy and awakening your senses. Hands on psychometry, photos analysis, color and the aura and how to read others. Weeks 5–8 will cover astrology, numerology, dream interpretation, healing methods and tarot.

Bear Canyon, Room 4
Thu, Sep 1–Oct 20, 6:30–8:30 pm
\$25/class (discount for advanced payment of all 8)

Relaxation Techniques in Stressful Times

Bear Canvon, Room 5

The group will learn various meditation techniques, including guided meditation and chakra balancing.

Tuesday, July 5–August 16 Tuesday, August 23–October 4 3:00–4:30 pm \$5/class, Charlene Lewis, Kinesiologist & Hypnotherapist

Travel

Copper Canyon, Mexico

Grand Canyon X4—Enjoy the amazing natural features and vastness of this verdant, immense result of erosion, Earth movement creating difficult access challenges. Marvel at the engineering excellence of "El Chepe," Mexico's only passenger railway, and the main transportation route through this spectacular geographic phenomenon.

North Valley, Room 3 Tuesday, October 11, 4:30–6:30 pm \$15/person, \$25 per couple Walt Punke

Explore the Canadian Maritime Provinces

Biggest Tides—View the amazing fifty-plus foot tides on the Bay of Fundy, see the magnificent, picturesque country-sides, points-of-interest and historic sites of Nova Scotia, New Brunswick and Prince Edward Island. Appreciate the climatic contrast of this lush green area in contrast to our arid Southwest environment

North Valley, Room 3 Tuesday, October 18, 4:30–6:30 pm \$15/person, \$25 per couple Walt Punke

Amazing Centeral Alaska

America's Last Frontier!— Live vicariously as you view and hear of the variety of natural and man influenced phenomenon from Dutch Harbor to Prudhoe Bay, from the Aleutians to the Brooks Range and Far-north tundra, from the route of the AK Pipeline to the fishing wonders of the Gulf of Alaska.

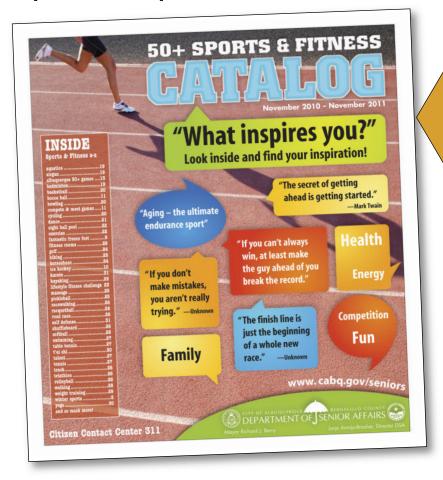
North Valley, Room 3 Tuesday, October 25, 4:30–6:30 pm \$15/person, \$25 per couple Walt Punke

Scenic Southeast Alaska

Spectacular Natural Beauty!—The Alaskan Archipelago is unique compared to the remainder of our nation's largest state. This is a series of islands mostly accessible by boat or plane with road traffic to only Haines, Skagway and Hyder. View places readily accessible to the traveler of the AK Marine Highway system. There are Glaciers, Fjords, Ice fields, native villages, fabulous fishing, kayaking, hiking and historic sight-seeing stops to marvel and appreciate.

North Valley, Room 3 Tuesday, November 29, 4:30–6:30 pm \$15/person, \$25 per couple Walt Punke

Sports Competitions



Pick up a
50+ Sports & Fitness
Catalog for registration
forms and details about any
of these competitions or
call 880-2800

Albuquerque 50+ Games

The 50+ Sports & Fitness Program hosts competitions in 23 different sports to qualify Bernalillo County athletes for the New Mexico Senior Olympics each year. Competitions will be held March–May 2012. The top winners at the New



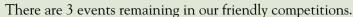
Mexico Senior Olympics will qualify to compete at the 2013
National Senior Games.



Events at a glance

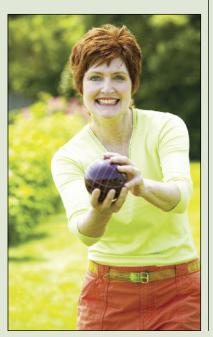
Cycling workshop, bowling, basket-ball 3 point & free throw, eight ball pool, talent show & dance, shuffle-board, swimming, racquetball, table tennis, air gun, huachas, road race, pickleball, racquetball, badminton, archery, cycling, golf, tennis, horse-shoes, track & field.

The 2011 "Compete & Meet" Games



Bocce Tournament

Saturday-Tuesday, October 8-11 8:00 am



Bench Press Competition

Bench Press Workshop Saturday, August 13 • 9:00 am \$10/free with competition North Domingo Baca

Bench Press Competition Sat, Oct 29 • 9:00 am • \$10 North Domingo Baca Multigenerational Center

Pickleball Tournaments

Outdoor Doubles Tournament Los Altos, outdoor tennis courts Saturday–Sunday, September 24–25 • 9:00 am \$10 per event with membership.





Sports

Air Gun Practices

For beginners interested in learning the sport of air gun or those that would like to hone their skills for competition.

Eldorado High School, Rifle Range (by reservation) Contact: Major Jim Korber, Senior Instructor, Eldorado High School JR ROTC at 296-4871 or Dick Perry at 856-7008

Zia Rifle & Pistol Club

This club promotes participation in shooting sports, with emphasis on safety.

Bear Canyon, Room 5 3rd Thursday, 7:00–9:00 pm Tom Tomasi, President 797-2661

Badminton Practice & Play

This fun sport provides an opportunity to participate in a sports program beneficial to both your physical and mental well-being.

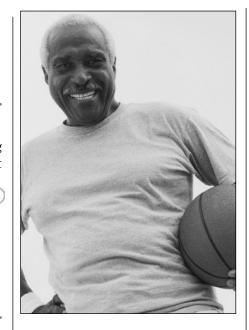
Manzano Mesa, Gym Monday, 1:30–4:00 pm, Friday, 1:00–4:00 pm Tuesday, 6:00–9:00 pm Summer Hours (June 20–July 22) Monday, 7:00–9:00 pm Friday, 7:00–9:00 pm Tuesday, 7:00–9:00 pm

Wells Park Community Center, Gym Tuesday, Thursday, 1:30–3:30 pm Coordinators: Terry and Nan Lauritsen, 266-8237

Drop-In Basketball

Open/Drop-In Basketball is offered daily (Mon–Sat) at the times listed below. Teams form as participants show up and sign in. Schedules are subject to change.

Manzano Mesa, Gym (East/West courts)
Mon, 11:00 am–1:00 pm, East
Mon, 11:45 am–1:30 pm, West
Mon, 7:00–9:00 pm,
both courts
Tue, 9:45 am–1:00 pm
Wed, 11:00 am–12:30 pm, East
Wed, 11:45 am–12:30 pm, West
Thur, 9:30 am–4:00 pm
Fri, 11:00 am–1:00 pm
7:00–9:00 pm
Sat, 9:30 am–3:00 pm



Senior Men's Basketball

This group gathers to play some friendly, but competitive basketball, where teams are picked prior to the games. This is a good workout, with a lot of action and exercise.

Manzano Mesa, Gym, East Court Tuesday, 11:00 am–1:30 pm Thursday, 11:00 am–1:30 pm

Eight Ball Pool at the Centers

Meet with friends and play a variety of games. Donation requested.

Barelas, Game Room Mon-Fri, 8:00 am-12:00 noon

Bear Canyon, Billiards Room Mon-Fri, 8:00 am-5:00 pm Sat, 9:00 am-3:00 pm

Los Volcanes, Billiards Room **Mon–Fri**, 8:00 am–5:00 pm **Thur**, 8:00 am–7:00 pm **Sat**, 9:00 am–1:00 pm

North Valley, Billiards Room Mon–Fri, 8:00 am–5:00 pm Sun, 1:00–5:00 pm

Palo Duro,Game Room **Mon–Fri**, 8:00 am–5:00 pm **Wed**, 8:00 am–7:00 pm **Sat**, 9:00 am–1:00 pm



Eight Ball Pool Tournament

Join us for a pool tournament.

North Valley, Billiards Room Monday, August 15, 10:30 am \$2.50, register by Friday, August 5

DSA Golf Tournament

The Department of Senior Affairs hosts a golf tournament every year. Information call: James Mader, North Domingo Baca

Open Huachas

A physical game of skill that is very similar to horseshoes. The difference is that large metal washers are pitched at a 3-inch hole in a 24 x 24 inch platform on the ground and the boards are 21 feet apart.

Bear Canyon, Park Friday, 10:00–11:00 am (weather permitting)

50+ Sports & Fitness Program Fitness Hiking

Hikes vary from easy/moderate A/B hikes to the more challenging C/D level hikes. We offer descriptions so that you can select to your ability. Bring your own lunch, snacks and drinks. 5¢ per mile, space is limited, prepayment is required.

Los Volcanes 50+ Sports & Fitness Center July-October 2nd Thursday, 7:15 am-4:00 pm Cindy McConnell

Palo Duro 50+ Sports & Fitness Center Jul-Oct, Tue, 7:15 am-4:00 pm Vivian Heyward, Cindy McConnell

North Domingo Baca
Jul-Oct 2nd Thu, 7:15 am-4:00 pm
Cindy McConnell

Hiking 101

Designed to teach you hiking techniques, conditioning exercises, safety, and how to have a minimal impact on the natural world. Nordic walking poles are provided by the center with a valid driver's license.

Palo Duro 50+ Sports & Fitness Center Session 2: Sept 2, 16, 30, Oct 7 Tuesday, 7:15 am–1:00 pm Cindy McConnell

Avatar Adventure (Nature Study Hiking)

Join us for a day of walking and contemplative nature study in the beautiful outdoors near Albuquerque. We will write about and sketch our observations as part of the experience.

Palo Duro 50+ Sports & Fitness Center July-October 2nd & 4th Friday, 9:00 am−1:00 pm 5¢ per mile, prepayment is required to reserve you place.

Center Hiking

Enjoy these intermediate level trips year round. Schedules are available at front desk of host centers. 5ϕ per mile.

Bear Canyon Every other Thursday, beginning July 14, 7:45 am Linda Svrcek, Sandy McAvoy

Los Volcanes 1st & 3rd Thursday, 8:15 am Call for schedule or see *Lavaflow* Rose Chavez

North Valley Every other Thursday, 8:00 am

Palo Duro Every other Tuesday, 8:00 am Marilyn Warrant Saturday, 9:00 am Sue Palletier

Kayaking

Fall 2011 Paddling Adventure! Novices are welcome! The 50+ Sports & Fitness Program and Waters Paddling Adventures are offering a 2 hour float trip for beginners down the Rio Grande; put in at Algodones and put out at Coronado. Sign up at Palo Duro and Los Volcanes 50+ Sports and Fitness Center or North Domingo Baca Multigenerational Center Fitness Room. Bring a sack lunch and dry clothes to change into.

Palo Duro 50+ Sports & Fitness Center September 17, 2011 Depart: 8:00 am • Return: 1:30 pm \$38, register/info: 880-2800

Chair Massage

Alleviate those aches with massage, as it increases circulation and relieves tightness.

Palo Duro 50+ Sports & Fitness Center 1st & 3rd Monday, 3:30–7:00 pm \$10/10 min, \$20/30 min, Rory Armstrong, 880–2800 to reserve

Highland, Lobby **Monday, Friday**, 10:00–12:00 noon \$1/minute, Rory Armstrong

North Valley, Lobby Tuesday, Aug 2, 9, 16, 30 Sep 6, 13, 5:00–7:00 pm Wednesday, Nov 2, 9, 16, 23, 9:30–11:30 am 75¢/minute, Jacqueline Valdez, LMT

Los Volcanes, Lobby Tue, Thu, Sat, 9:00 am–12:00 noon \$1/minute, Rory Armstrong

Table Massage

Enjoy a full body massage while relaxing on a table!

Barelas, TV Room **Thursday,** 9:30–11:30 am Kelly Armstrong, LMT #6421

Los Volcanes 50+ Sports & Fitness Center, aerobics room 2nd & 4th Monday 1:00–4:00 pm \$10/10 min, \$20/30 min to reserve: Rory Armstrong, 839-3710



Silver Shufflers

When was the last time you had a good, competitive game of shuffle-board? Come join this group for an afternoon of fun and excitement.

Barelas, Social Hall Wednesday, 2:30 pm-4:30 pm

Manzano Mesa Tuesday, 1:00–4:00 pm \$1 donation Information: Scott Heron 299-7768 & Millie Martinez 797-0841

Wells Park Community Center Monday, 9:00–11:30 am \$1 donation Information: Scott Heron 299-7768, Betty Piatt 922-6375 E-mail: boogie921@juno.com Website: www.senior-sports.org

Men's Softball

Practices begin in February with league play held on Tuesday and Thursday mornings from April to September.

Bear Canyon 65+ League Chuck Halverson, 821-2749

Palo Duro Papa Murphy's Team



Pickleball is played with a perforated plastic ball and wood or composite paddle on a badminton court with the net lowered to 34 inches. "It resembles tennis on a badminton court with a table tennis feel." Times are subject to change from summer to winter. Coordinator: Bill Marshall, 417-9243.

Barelas, Social Hall Mon, Wed, 9:30–11:15 am

Bernalillo Recreation Ctr, Gym Tue, Thu, 6:00–8:00 pm July–October,

Outdoors anytime

Manzano Mesa, Gym **Thu**, 2:00–4:00 pm **Sat**, 9:00–11:00 am

Los Altos Park Outdoors anytime

Center, Gym Fri, 6:00–8:00 pm Los Volcanes, Social Hall

Los Padillas Community

Mon, Wed, Fri, 9:30–11:00 am Mon, 12:30–3:00 pm

Los Vecinos Community Center, Outdoors Mon, Thu, 9:00–11:00 am



Raymond G. Sanchez Community Center Tue, Wed, 1:00–3:00 pm Outdoors anytime

Roosevelt Middle School, Gym Tue, Thu, 6:00–8:00 pm Sat, 9:00 am–12:00 noon Sun, 1:00–3:00 pm

Zuni CourtsOutdoors anytime





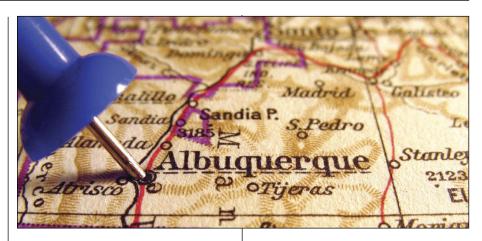


Table Tennis Practice & Play

Since its inception in 1880s England as an after-dinner amusement for upperclass Victorians, this sport has grown into an international favorite. Originally, a line of books served as the net, a champagne cork or knot of string as the ball, and a cigar box lid as the racket.

Barelas, Social Hall Thursday, 1:00–3:00 pm

Bear Canyon, Social Hall (subject to change)
Monday & Friday, 1:30–3:30 pm
Wednesday, 10:15–11:00 am
Thursday, 9:30–11:00 am
Saturday, 9:00–11:00 am
1:00–3:00 pm

Los Volcanes, Social Hall Wednesday, 1:30–5:00 pm

Palo Duro, Mesquite Room 1st Saturday, 9:30–10:30 am 2nd, 3rd, & 4th Saturday, 9:30–11:30 am

North Valley, Social Hall Monday, 2:00–5:00 pm (upon request)

Manzano Mesa Monday–Friday, 8:00–9:00 am Saturday, 9:00–3:00 pm

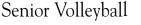
Volleyball Pick-up Games

Join the 50+ volleyball players for drop-in volleyball matches.

Wells Park Community Ctr, Gym Monday, 6:00–8:00 pm Dora Gunkel

Wilson Middle School, Gym Saturday, 9:30 am–12:00 noon (Sept–Dec)

Manzano Mesa, Gym Friday, 5:00–7:00 pm



Manzano Mesa, Gym Saturday, 11:30 am-2:50 pm

Walk About Albuquerque

Learn the science of walking, safety tips, walking techniques and how to use a pedometer and walking poles. \$15 includes a pedometer, walking charts, technique instruction, handouts, the use of walking poles, an experienced, fun guide and transportation!

Palo Duro 50+ Sports & Fitness Center Monday and Wednesday, Departure times vary from 7:15 am to 8:45 am, depending on the destination. Call 880-2800

Monday Walks Session III: Aug 15-Sept 26

Wednesday Walks Session III: Aug 17–Sept 21

Week 1: A Blossoming Adventure Walk the Botanical Park while learning how to walk for the health of it.

Week 2: Train to Bernalillo: An historical tour of old Bernalillo—ride on the Rail Runner.

Week 3: Nob Hill: Learn about the architecture of this historical area of Albuquerque.

Week 4: The Albuquerque Bosque: Discover Albuquerque's natural side.

Week 5: Take a Walk on the Wild Side! Walk among the animals and be Wild!

Week 6: Plaza to Plaza: Civic Plaza to Old Town Plaza. 250 years of Albuquerque history.



50 - Sports & Fitness Winter Sports

Our program offers an abundant number of exciting and fun opportunities for enjoying outdoor sports during the winter months in New Mexico. Watch for more information on the following events on line at http://www.cabq.gov, at you local senior center, and in the 50+ Sports & Fitness Catalog (available in December of 2011)

BFit2Ski



Ski Fitness Cardio Weight Training Class

Want to get more out of your ski season? Get your body in shape for the slopes by attending Ski Fitness Class! This 6-week cardio and weight training circuit class concentrates on the muscles used for skiing, increasing strength, balance and stamina.

Los Volcanes 50+ Sports & Fitness Center Class 1: Tuesday, Oct 11–Nov 15 Class 2: Thursday, Oct 13–Nov 17 Class 3: Tuesday, Nov 22–Dec 27 Class 4: Thursday, Nov 17–Dec 29 5:45–6:45 pm \$40/6-week session and/or \$75/two 6-week sessions

Palo Duro 50+ Sports & Fitness Center Class 1: Tuesday, Oct 11–Nov 15 Class 2: Thursday, Oct 13–Nov 17 Class 3: Tuesday, Nov 22–Dec 27 Class 4: Thursday, Nov 17–Dec 29 5:45–6:45 pm Jacquie Davis, 239-9399

North Domingo Baca Class 1: Tuesday, Oct 11–Nov 15 Class 2: Thursday, Oct 13–Nov 17 Class 3: Tuesday, Nov 22–Dec 27 Class 4: Thursday, Nov 17–Dec 29 5:45–6:45 pm Hallie Carruthers, 400–5603



2012 Winter Sports Day Trips

We offer 4 different weekly day trips for people 50 years of age or older. Beginning the week of January 4. Trips leave from Palo Duro 50+ Sports & Fitness Center and include Cross Country Skiing, Snowshoeing, Snowshoe 101, and Downhill Skiing.

Winter Sports Competitions

A 10-Day Winter Sports Event that includes Competitions in Cross Country Skiing, Downhill Skiing, Snowboarding, Snowshoeing, and Ice Hockey! The event starts with Cross Country and Snowshoe competition the first weekend, ice hockey on Tuesday and downhill ski and snow board race on the following Saturday. For more information: Palo Duro 50+ Sports & Fitness Center, 880-2800

Valles Calderas National Preserve Cross Country and Snowshoe Day Trip

A special trip is planned for cross country skiers and snowshoers to the Valles Calderas National Preserve in the Jemez Mountains. The beautiful preserve is comprised of almost 89,000 acres including the headwaters of both San Antonio Creek and the East Fork of the Jemez River. Call 880-2800 for more information

"Winter Sports Bunch" 2012 Overnight Trips

This Club organizes out-of-town, overnight skiing and snowshoeing trips for 50+ adults.

For info: Vivian Heyward, vheyward@msn.com, or Wally Ross, w20ross@aol.com.



Dance Classes

African Dance and Drum

This combination class incorporates various styles of African dance and drumming. The group is being recognized as a new form of entertainment, and asked to perform at events. No experience is necessary.

Manzano Mesa, Room 4 Tuesday, 2:15–3:30 pm Camila Dodson

Ballroom/Latin/Swing Dance: Intermediate

Continuation from the beginning ballroom dance class. Intermediate step patterns.

Bear Canyon, Social Hall Thursday, 5:15–6:15 pm \$8/person, \$14/couple call center for more info 291-6211

Latin Ballroom Dance

Get into the Latin Dance craze with instruction in Rumba, Cha Cha, Salsa, Merengue and Samba. Learning to dance socially is just plain fun, so be prepared to enjoy the learning process and have a great time.

North Domingo Baca, Social Hall
Thursday, 7:00–8:00 pm
\$40 per month singles or \$65 couples
(4 classes non-refundable), Rick Post

Ballroom Dance

If you do not know how to dance this is the class for you. Learn to lead and follow so you will be able to dance socially in any situation. Styles covered: Foxtrot, Waltz, Tango and East/West Coast Swing.

North Domingo Baca, Social Hall Tuesday, 3:15–4:15 pm \$40/month singles or \$65 couples (4 classes non-refundable), Rick Post

Los Volcanes, Social Hall **Thursday**, 5:00–6:00 pm \$5/session, Rick Post



Dance to live music at the centers · page 46

Belly Dancing

Get in touch with your inner beauty while getting a good work out. This gentle approach to this ancient art form can be enjoyed by women of all ages and abilities. Belly dance displays the strength and beauty of women of all sizes, ages, and shapes.

Los Volcanes 50+ Sports & Fitness Center, aerobics room Monday, 1:15–2:30 pm \$60/12 class session LaVerne Grashuis

Manzano Mesa, Social Hall Thursday, 5:45–7:00 pm Amaya

Intro to Belly Dance

Come and learn a new dance while having fun and improving your flexibility! Middle Eastern Dance, better known as Belly Dancing, is an ancient form of dance which helps women improve their posture and coordination, strengthen their core and lower back muscles, and to get back in touch with their bodies. We will focus on foundational moves of the dance and how they fit in with the music.

North Domingo Baca, Social Hall Saturday, 10:30–11:30 am \$5/class Cecile Devine

Ballet (Adults)

Manzano Mesa, Social Hall Friday, 9:30–10:30 am Anna Marie Urioste

Children's Ballet

This is a fun combination of ballet technique and ballet choreography. Students ages 4–6 learn all the basic ballet steps at the barre and center. Dancer's imagination is encouraged to help create theatrical ballet dance scenes such as "Cinderella". Parents will be pleased with the improvement in posture, poise and graceful athleticism.

North Domingo Baca, Social Hall Thursday, 5:45–6:45 pm \$28/mo, plus \$12 one time register fee Anna Marie Urioste

Clogging

Manzano Mesa, Social Hall Aug 5–Dec 30, 9:30–11:00 am Shirley Smith

Dance and Movement for Parkinson's

Join in the musicality, rhythm, expression, inventiveness and sheer physical pleasure of dance. Movements customized for all abilities, free to members with Parkinson's.

North Valley, South Social Hall 1st & 3rd Thursday, 2:00–3:00 pm Joanie Carlisle

Japanese Folk Dancing

An introduction to the culture and spirit of the "land of the rising sun."

Bear Canyon, Room 6 1st, 2nd, & 4th Saturday 10:00 am–12:00 noon Natsuko Edelman



Latin Spice Dance

Spice up your exercise with dance. No experience necessary.

Manzano Mesa, East Social Hall Wednesday, 9:30–10:30 am Barbara Weiss

Line Dancing

Love to dance but don't have a partner?

Bear Canyon, Social Hall Advanced, Thu, 1:30–3:00 pm Beginning, Thu, 3:15–4:30 pm Intermediate II, Tue, 1:30–3:00 pm Intermediate I, Tue, 3:00–4:30 pm Clarada Hull

Los Volcanes, Social Hall Beginning, Jeanette C. Finegold Tue, 9:15–10:15 am Intermediate, Jeanne Hendrix Thu, 9:00–10:00 am, \$1 Thu, 10:00 am–11:00 am, \$1

Manzano Mesa, Social Hall Beginning, Georgette Smith Wednesday, 1:30–4:30 pm Advanced, Wylene Santistevan Fri, 1:30–4:30 pm

North Domingo Baca, Social Hall Thu, 1:00–2:15 pm Mary Garcia

North Valley, South Social Hall Beginning, Clarida Hall Mon, 1:00–2:00 pm

Palo Duro, Mesquite
Advanced, Tidy
Mon, 1:30–3:00 pm
2nd, 3rd, & 4th Sat, 10:30–12:00
Beginning, Tidy
Mon, 3:15–4:30 pm
Sat, 9:00–10:30 am

North Domingo Baca, Social Hall Intermediate, Georgette Smith Tue, 5:45–7:30 pm



Adapted Aquatics

Taught in therapeutic 92 degree water, participants are lead through range of motion exercises that help increase joint mobility as well as develop muscular strength. A 50¢ fee will get you transportation to and from the UNM Therapy Pool on Monday, Wednesday, and Friday from all 6 senior centers and our 2 multigenerational centers; and from Palo Duro 50+ Sports & Fitness Center on Tuesdays and Thursdays. Please call 880-2800 for information.

University of New Mexico Therapy Pool Monday–Friday, 1:00–2:00 pm

Aerobics

These low impact aerobics classes are for beginners to advanced exercisers, everyone works at their own pace.

Barelas, Social Hall Tuesday, Friday, 9:15–10:15 am

Bear Canyon, Social Hall Monday, Wednesday, Friday, 8:00–9:00 am

Los Volcanes
50+ Fitness Center, Aerobic Room
Monday, Wednesday, Friday
8:00–9:00 am,
5:30–6:30 pm
Monday, Wednesday,
4:15–5:15 pm

Manzano Mesa, Gym Monday, Wednesday, Friday 8:15–9:15 am

Palo Duro, Mesquite Room Monday, Wednesday, Friday 8:15–9:15 am

North Domingo Baca, 18+ Sports & Fitness Center Monday, Wednesday, Friday 8:15–9:15 am, 5:30–6:30 pm

Albuquerque Air Jump

Albuquerque Air Jump Rope is a performance and competitive jump rope sports team, dedicated to promoting physical fitness through jump rope as a lifetime sport and to fostering confidence, discipline, responsibility, and leadership. Open to all ages.

North Domingo Baca, Social Hall Friday, 6:00–7:00 pm

Body Fat vs. Muscle

The goal for optimal health is reducing body fat while increasing muscle. Visit us for a free assessment.

Los Volcanes 50+ Sports & Fitness Center 3rd Wednesday



Manzano Mesa, Fitness Room 2nd Wednesday

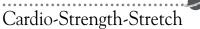
North Domingo Baca, 18+ Sports & Fitness Center 4th Wednesday

Palo Duro 50+ Sports & Fitness Center 1st Wednesday

Cardio Interval

Weight and cardio training in timed intervals tones the body, and increases strength and endurance.

Los Volcanes 50+ Sports & Fitness Center, Aerobic Room Saturday, 10:00–11:00 am



Join this effective fitness class for 1/2 hour Zumba, 15 minutes of legs, 15 minutes of arms, and 15 minutes of stretch.

North Domingo Baca, Social Hall Tuesday, 10:15–11:15 am \$25, 5 classes Margo Morado

EnhanceFitness

This is an evidence based senior fitness class for beginners. There is a three part assessment conducted in the class

North Valley, Rooms 1 and 2 Monday, Wednesday, Friday 9:15–10:15 am Karen Shore

Los Volcanes 50+ Sports & Fitness Center, Aerobic Room Monday, Wednesday, Friday 12:40–1:40 pm

North Domingo Baca, Social Hall Monday, Wednesday & Thursday 10:15–11:15 am



Fitball

Target and challenge core muscles with stabilizing and balance exercises. Increase strength, sculpt, and tone.

Los Volcanes 50+ Sports & Fitness Center, Aerobic Room Monday, Wednesday, Friday, 10:20–11:20 am

Manzano Mesa, Gym Thursday, 8:15–9:15 am Janet Porter

Manzano Mesa, East Social Hall Friday, 4:45–6:00 pm \$2.50/class, Ann Owens

North Domingo Baca, 18+ Sports & Fitness Center Day & Time TBA

Flex & Tone

Elongate and strengthen your muscles, increase flexibility, improve posture and develop a strong core.

Bear Canyon, Social Hall Tuesday, Thursday, 8:00–9:00 am Los Volcanes 50+ Sports & Fitness Center, Aerobics Room

Tuesday, Thursday, 8:15–9:15 am

Manzano Mesa, Gym Tuesday, 8:15–9:15 am

North Domingo Baca, 18+ Sports & Fitness Center Tuesday, Thursday, 8:15–9:15 am North Valley, Social Hall Tuesday, Thursday 8:15–9:15 am Palo Duro, Mesquite Room Tuesday, Thursday, 9:30–10:30 am

Gentle Exercise

Done mostly in a chair we use equipment such as balls and bands to focus on strength building with resistance.

Barelas, Social Hall Tuesday, Friday, 10:15–10:45 am Bear Canyon, Social Hall Monday, Wednesday, Friday, 9:15–10:15 am

Los Volcanes 50+ Sports & Fitness Center, Aerobic Room Monday, Wednesday, Friday, 9:10–10:10 am, 11:30 am–12:30 pm

Manzano Mesa, Gym Monday, Wednesday, Friday, 9:45–10:45 am

North Valley, Share Your Care Tuesday, 9:45–10:15 am

North Valley, Social Hall South Thursday 9:45–10:15 am

Palo Duro, Mesquite Room Monday, Wednesday, Friday, 9:30–10:30 am

North Domingo Baca, 18+ Sports & Fitness Center Monday, Wednesday, Friday 9:30–10:30 am

Look for this logo for evening & weekend activities



Get Fit Quick



Quick-paced, full-body workout that will improve your aerobic endurance, while increasing your muscular strength and your "fat-burning" capacity. Class consists of a series of timed workout stations (dumbbells, kettlebells, medicine balls, and fit balls)—you choose how much intensity you want for each.

Manzano Mesa, West Social Hall Wednesday, 6:30-7:30 pm, beginning July 6 Thursday, 6:30–7:30 pm, beginning August 25 and October 6 \$40/6-week class, Kathy Weaver

Get Moving Aerobics



Join this group fitness cardio class, which incorporates high and low impact choices in an effective workout to burn more fat, use calories, and meet your fitness goals.

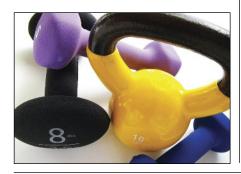
Manzano Mesa, Social Hall Monday, Wednesday, Friday, 5:00-6:00 pm \$20/month or \$2.50/class Ann Owens

Kettlebells



Kettlebells offers functional exercises using dynamic moves targeting every aspect of fitness-strength, agility, balance, flexibility and cardio endurance-challenging, efficient and fun!

North Domingo Baca, 18+ Sports & Fitness Center Tuesday, Thursday, 5:00–6:00 pm Beginning July 5th \$150/six-week session Hallie Carruthers, 400-5603



Less Mills BodyPump



BodyPump is the original barbell workout that strengthens your entire body. This 60-minute program challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. Great music, awesome instructors and your choice of weight inspire you to get the results your came for—and fast!

North Domingo Baca, Social Hall Monday, Wednesday 5:45-6:45 pm **Friday** 9:00–10:00 am \$42/6 classes, Debbie Thomas

North Domingo Baca, Social Hall Tuesday, Thursday 4:30–5:30 pm \$42/6 classes, Rachel Luna

Pilates

Learn the value of core stabilization. muscle balance and proper alignment while integrating the concept of mindfulness, fluidity and grace.

Los Volcanes 50+ Sports & Fitness Center, Aerobic Room **Tuesday,** 9:45–10:45 am

Manzano Mesa, Room 4 Beginning Level I class Thursday, 3:00–4:00 pm \$20/4 week progressive session Register: Kathy Weaver, 803-6863

Manzano Mesa, Room 4 Beginning Level 2 class **Tuesday,** 5:30–6:30 pm \$20/4 week progressive session Register: Kathy Weaver, 803-6863

North Domingo Baca, Classroom 1 Beginning Level 1 class Monday 11:30 am-12:30 pm Starting July 11 \$20/4-week session Kathy Weaver

North Domingo Baca, Classroom 1 Beginning Level 2 class Wednesday 11:30 am-12:30 pm Starting July 6 \$20, 4-week session Kathy Weaver

North Valley, Social Hall South **Tuesday,** 5:45–6:45 pm \$3/class, Karen Shore

Palo Duro, Mesquite Wednesday, July 6-Sept. 28 Oct 5-Dec 28 5:30-6:30 pm \$3/per class, Karen Shore

Palo Duro 50+ Fitness Center Pilates Reformer Machine Training Call 880-2800 for class schedule

Manage Your Chronic Disease (MyCD) Program Workshop

If you have (or care for someone with) a chronic health condition such as diabetes, arthritis, high blood pressure, heart disease, chronic pain, anxiety, or other long-term health condition, this is the workshop for you. Learn from specially trained group leaders with chronic health conditions themselves. Set goals and make a step-by-step plan to improve your health and your life.

Put Life Back Into Your Life. Find practical ways to deal with pain and fatigue, discover better nutrition and exercise choices, understand new treatment choices, and learn better ways to talk with your doctor and family about your health.

Free 6-week workshop 2 1/2 hour meetings Call the Palo Duro 50+ Sports & Fitness Center, 880-2800

Los Volcanes 50+ Sports & Fitness Center Tuesday, 1:00–3:30 pm Jan 11-Feb 15, Mar 15-Apr 19, May 10-June 14, July 5-Aug 9, Aug 30-Oct 4

Palo Duro Senior Center Thursday, 1:00–3:30 pm, July 7-Aug 11, Sep 8-Oct 13

Bear Canyon, Room 6 Thursday, July 21-Aug 25 4:00-6:30 pm

North Domingo Baca, Class 1 **Tuesday**, 9:00–11:30 am Aug 2-Sept 6, Oct 11-Nov 15

North Valley, Room 3 Tuesday, 4:00–6:30 pm Aug 16, 30, Sep 6, 13, 20, 27

Salsa-Robics



For women and men—a fun way to relieve stress, improve flexibility and build stamina! The tempo of the music, the syncopated patterns of the Cha Cha, Salsa/Mambo, Samba, and Rumba combined with the intensity with which you approach the exercises, makes this suitable for virtually everyone. Wear comfortable clothes and shoes.

Los Volcanes, Social Hall **Thursday,** 6:00–7:00 pm **Saturday**, 9:00–10:00 am \$2/class, Elena Valencia

Wii Video Fitness, Yoga and Sports



The Wii is a truly unique and physically interactive experience. Customize your fitness workouts with the Wii Fit or come and play the Wii Sports program. Upon request.

Los Volcanes 50+ Sports & Fitness Center Call 880-2800

Palo Duro 50+ Sports & Fitness Center Call 839-3710

North Domingo Baca, 18+ Sports & Fitness Center Call 764-6494

Zumba

Zumba fuses Latin rhythms and easyto-follow moves to create a fitness program that will blow you away. Achieve long-term benefits while having a blast with calorie-burning, body-energizing, awe-inspiring movements that combine interval training sessions to fast and slow rhythms and resistance training to tone and sculpt your body while burning fat.

Barelas, Social Hall Monday, Wednesday, 1:00–2:00 pm \$1/class, Therese Hallada

Bear Canyon, Social Hall **Monday,** 3:30–4:30 pm \$3/class, Angie Cantrell

Los Volcanes 50+ Sports & Fitness Center, Aerobic Room **Tuesday,** 5:30–6:30 pm \$3/class, Julie Stoffler Thursday, 5:30-6:30 pm \$3/class, Angie Cantrell

Manzano Mesa, Gym Monday, Wednesday, 10:45–11:45 am \$1/class, Therese Hallada

North Domingo Baca, Social Hall Monday, 4:30–5:30 pm Wednesday, 1:30-2:30 pm \$5/class, Marian Tarin

North Valley, Rooms 1 and 2 **Tuesday, 4:30–5:30** pm \$3/class, Annelle Bourguet, Bernadette Dominguez



Activities are free with membership unless otherwise noted · Center memberships are only \$13 a year.

Weight Training

Weight Training Orientations

Weight training will keep you feeling and looking great. Get more energy and increase muscle tone and bone density! Join one of our free orientations and learn the fundamentals of weight training.

Los Volcanes 50+ Sports & Fitness Center Appointment: 839-3710

Barelas, Fitness Room **Monday,** 11:30 am–12:30 pm

Manzano Mesa, Fitness Room Schedule: 275-8731 X232

North Domingo Baca, Fitness Room Appointment: 764-6494

North Valley, Fitness Room 2nd Monday, Register: 761-4025

Palo Duro 50+ Sports & Fitness Center Appointment: 880-2800

Fitness Facilities

Our fitness facilities are equipped with strength training and cardio equipment. A \$13 per year membership fee entitles you to full privileges. There is a contribution of 50¢ per visit. Free equipment orientations are available by appointment.

Barelas, Fitness Room 50+ Sports & Fitness Center 764-6436, 714 7th Street, SW

Los Volcanes 50+ Sports & Fitness Center 839-3710, 6500 Los Volcanes, NW

Manzano Mesa, Fitness Room 275-8731, 501 Elizabeth, SE (18 years of age and older)

Palo Duro 50+ Sports & Fitness Center 880-2800, 3351 Monroe, NE

North Valley, 761-4025 3825 Fourth Street, NW

North Domingo Baca, 18+ Sports & Fitness Center 764-6494, 7521 Carmel, NE (18 years of age and older)

Basics with Free Weights

This course will instruct the novice lifter on safe and proper free weight lifting techniques to be used as an alternative to, or in conjunction with, workout machines to provide variety in obtaining fitness goals.

Los Volcanes 50+ Sports & Fitness Center Call 839-3710 for schedule

Manzano Mesa, Fitness Room Call 880-2800 for schedule

North Domingo Baca, 18+ Sports & Fitness Center Call 764-6494 for schedule

Palo Duro 50+ Sports & Fitness Center Call 880-2800 for schedule

Group Weight Training 101

Learn the fundamentals of weight lifting and gain the skills to be confident and successful in the weight room.

Los Volcanes 50+ Sports & Fitness Center Call 839-8710 for schedule

Manzano Mesa, Fitness Room Call 275-8731 for schedule

North Domingo Baca, 18+ Sports & Fitness Center Call 764-6494 for schedule

Palo Duro 50+ Sports & Fitness Center Call 880-2800 for schedule

Jacquie's Resistance Training Class

You will receive a custom training card for each session, so after 6 weeks, you will have 12 routines and be familiar with use of free weights, machines, bands and medicine balls!

50+ Sports & Fitness Center Monday, Wednesday, 5:45-6:45 pm August 1-September 7 \$150/six-week class Jacquie Davis 239-9399



Get Fit ABQ!



If your aim is to burn fat, gain strength, build lean muscle and cardio endurance, all while having fun, then this class is for you

North Domingo Baca, 18+ Sports & Fitness Center Tuesday, Thursday, 6:00–7:00 pm Beginning July 5th (min. 6 people) Hallie Carruthers 400-5603 \$50/six-week session, or \$90/2 six-week sessions

Weight Training Group Class

Six-week, group weight training class. Call the instructor or 880-2800 for class schedule.

Palo Duro 50+ Sports & Fitness Center \$150/6 weeks Aaron Bubbico, 264-7341, ACE certified personal trainer

North Domingo Baca Multigenerational Center \$150/6 weeks Hallie Carruthers, 400-5603. IFPA certified fitness trainer

Eastern Traditions

Self Defense

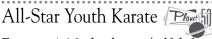
Aikido

A non-aggressive style of martial arts working on the principle "do not fight force with force" redirect the attacker's energy and use it to your favor.

Los Volcanes 50+ Sports & Fitness Center, Aerobics Room **Tuesday, Friday, 3:45–5:00** pm Saturday, 12:00-1:45 pm Charles Watkins

Manzano Mesa, East Social Hall Information: 275-8731 Charles Watkins

North Domingo Baca, Community Room Thursday, 4:30-5:30 pm Friday, 6:00-7:30 pm **Saturday,** 9:15–10:45 am Charles Watkins



For ages 4-16, this karate/self defense program covers martial art techniques, emphasizing self-defense and child safety awareness.

Manzano Mesa, East Social Hall Wednesday, 6:00–9:00 pm David Vigil, to register: 899-1666

Karate/Self Defense

Classes include training in self-defense, basic karate forms and katas. (Okinawan self defense dancing movements) and are structured for people who may have some physical limitations or movement issues. Improve self-confidence, physical performance and overall health.

Los Volcanes, Room 2 Friday, 1:00–3:00 pm Denis Rosenberg

Kendo Kai

A Japanese martial art of fencing.

Manzano Mesa, East Social Hall Friday, 6:00-8:00 pm Davis Begay

Iron Olympian Karate

Develop physical strength, discipline, balance, coordination and self-esteem. Class includes breakaway techniques and safety awareness.

Manzano Mesa, Room 3 Tuesday, Wednesday, 6:00-8:00 pm Chris Nowak

Personal Defense Club, Close Quarter Combat

Provides a place to learn, teach and practice personal fighting skills. It is not associated with any traditional Asian art or sport.

Manzano Mesa, Room 4 Tuesday, 7:30–9:00 pm \$10/month, Dr. Sean Ross

T'ai Chi

T'ai Chi

A holistic way to health and happiness based on the gentle movements presented for healing mind and body and engaging the spirit.

Los Volcanes, Room 2 Wednesday, 12:00 noon-1:00 pm \$3/class, Jim Dell

Manzano Mesa, Room 5 Tuesday, Aug 2-Sep 20, 1:00-2:15 pm \$5/class, Master Yuan Hsing Chen



Chi Basics

Class combines seated and standing exercises that are gentle, simple and repetitive in nature and suitable for people of all ages. Care and attention is given to personal limits, comfort zone and medical needs.

North Domingo Baca, Classroom 1 Thursday 9:30–10:30 am \$5/class, Diane Chase

T'ai Chi Chih

Easy, gentle movements that balance the internal energy (Chi). It is often called a "moving Meditation" and the benefits of this practice can include improved balance, flexibility, stamina, and regulation of stress, blood pressure and weight.

BEGINNING
Palo Duro, Aspen Room
Wednesday, 4:30–5:30 pm
BEGINNING
Wednesday, 5:45–6:45 pm
CONTINUING
June 29–Aug 10, Aug 24–Oct 12,
Oct 19–Dec 14 (No Class Nov 23)
\$60/8 week session
Marilyn Irvin, certified instructor
Bear Canyon, Room 5

Wednesday, 3:00–3:45 pm Edina Lock Manzano Mesa

Tuesday, 5:30–6:30 pm May 24–July 19; July 26–Sep 13; Sep 20–Nov 8; Nov 15–Jan 3 Register: Marilyn Irvin 504-4942

PRACTICE Bear Canyon, Room 3 Wednesday, 11:30 am–1:00 pm Mary Moriarty

Bear Canyon, Rooms 5, 6 Wednesday, 3:45–4:30 pm Edina Lock

T'ai Chi Ch'uan

Provides a cardiovascular workout and improves balance.

Barelas, Social Hall Wednesday, 9:30–10:00 am Master Dug Corpolongo

Bear Canyon, Social Hall Thursday, 9:30–11:00 am John Young

Manzano Mesa, Room 4 Tuesday, 9:30–10:30 am Master Dug Corpolongo

Palo Duro, Ponderosa Pine Friday, 9:30–10:30 am (not meeting 1st Friday) Sifu Dug Corpolongo

BEGINNING
Bear Canyon, Social Hall
Saturday, 11:30 am–1:00 pm
Sept 27–June 16, 2012
No sign up required, John Young

DISCUSSION GROUP Bear Canyon, Room 1 Tuesday, 1:00–2:30 pm John Young

North Domingo Baca, Classroom 1 Tuesday, Thursday, 6:00–7:00 pm \$3/class, Curt Hartesen

North Valley, Room 1 and 2 Monday, 1:00–2:00 pm James McIntire

Yoga

Yoga, Chair

Focus on alignment, breath, relaxation and core awareness while gently opening up the body, increasing strength, flexibility, mobility and building bone density.

Bear Canyon, Room 1 Wednesday, July 20–Dec 28 9:00–9:45 am \$5/class, Lori Allison

Yoga

Improve posture and core strength, as well as reduce lower back pain and increase muscle flexibility.

Monday, Thursday, 9:00–10:00 am Dolly Sanchez

Bear Canyon, Room 6 Thursday, 2:30–4:00 pm Friday, 1:30–3:00 pm Kae Sumrall

Center, Aerobics Room Saturday, 8:10–9:30 am \$3/class, Kathy Crisp

Los Volcanes 50+ Sports & Fitness

Manzano Mesa, East Social Hall Monday, 6:15–7:00 pm \$25/month, Ann Owen

North Domingo Baca, Classroom 1 Monday, 6:00–7:30 pm Tuesday, 12:45–2:15 pm \$5/class, 1st class free Lori Allison

Gentle Yoga, Beginner Series

Increase your range of motion and improve muscle tone. Gentle yoga, relaxation, breathing, and simple meditations will be explored and support equipment will be utilized. This class is for anyone new to yoga or desiring a slower paced adaptive class.

Los Volcanes, Room 2 Tuesday, 3:00–4:15 pm August 30–October 18 \$5/class, or \$35/8 class card, Jody Ford

Yoga Dance Fusion

Yoga Dance Fusion is a fun synergy of easy yoga, simple dance movements, free dance, and laughter.

Los Volcanes 50+ Sports & Fitness Center, Aerobics Room Wednesday, Jan 5, 2:45–4:00 pm \$4/class, Jody Ford



Yoga, Dahn

Los Volcanes, Room 2 Thursday, 3:30 am-4:30 pm \$3/class, Lynn Alexander

North Valley, Social Hall South Tuesday, Thursday, 3:00–4:00 pm \$3/class, David Plummer

Beginners Flow Yoga

We link gentle yoga postures with music through movement and breath, but at slow pace to build mindful presence, awareness and gently challenge the body. This class is slow and relaxed, yet strong and stabilizing.

Los Volcanes, Room 2 Tuesday, 3:00–4:15 pm October 25–December 13 \$5/class, or \$35/8 class card Jody Ford

Progressive Beginner Series

For students who have some yoga experience or have a home practice and are in good health. We continue to explore in grounding and extension, how to mobilize the core muscles, working with the breath, and deepening poses. There will be a focus on alignment, and some partner work.

Los Volcanes, Room 2 Saturday, 9:30–10:45 am Aug 27–Oct 15, Oct 22–Dec 17 \$5/class, or \$35/8 class card

Yoga, Hatha

GENTLE YOGA WITH AN EMPHASIS ON STRETCHING AND BREATHING Los Volcanes, Room 2 Monday, Thursday, 2:00–3:00 pm \$5/class, Maebi Richards

HATHA YOGA PLUS
THIS CLASS COMBINES HATHA YOGA
AND CORE BODY-WORK.

Manzano Mesa, Room 5 Friday, 9:00–10:00 am Janet Porter

HATHA YOGA QI GONG A FOCUS ON BREATHING AND HATHA YOGA POSTURES. Manzano Mesa, Room 5 Wednesday, 9:00–10:00 am Dee Cappelle

Yoga, Kundalini

Kundalini, an electric, fiery, occult life force, is a spiritual power that brings in energy, expands the mind, and opens new thinking.

Manzano Mesa, Room 4 Wednesday, 10:00–11:00 am Lucille Mulcahy

Most classes require reservations and payment to the instructor at the first class.

Groups & Clubs

Acting

Senior Theater

The plays we are starting are light comedy, mystery, and melodrama. The dress rehearsal and production takes place in the spring. We need help with stage, lights, sound, makeup, costumes, props, scripts as well as actors.

Bear Canyon, Room 4 Tuesday, 3:30–5:00 pm Shirley Tanzola

Rio Grande Players

A performance group welcoming all seniors with an interest in theatre, no experience needed. We offer opportunities to participate in roles on and off stage. Rehearsals are at Palo Duro and productions at local theatres.

Palo Duro, Aspen Monday, 3:15–5:00 pm Yolanda Day

Vintage Players

Members read and perform monologues, readings, skits, one act plays and original material.

Manzano Mesa, Room 3 1st Saturday, 10:00 am–12:00 noon Janet Porter

Arts and Crafts

Colored Pencil Society

Bear Canyon, Room 4 4th Saturday 12:00 noon–3:00 pm Granville Chorn





Project Linus

Sandians who enjoy sewing get together to make blankets for Project Linus which are given to children in area hospitals and shelters for homeless and abused children.

Manzano Mesa, Social Hall 2nd Saturday, 9:00 am–12:00 noon

Auto and RV Clubs

Siglo De Oro R.V. Club

Excursions around the state and beyond will highlight our travel season. Join our monthly business meeting and trip signup, followed by a "get together" lunch at a local restaurant.

Bear Canyon, Social Hall West 3rd Tuesday, except August, 10:00–11:00 am

Discussion and Book

Bible Basics

Join in the fun learning experience of discovering the Bible.

Bear Canyon, Room 5 1st, 3rd, 5th Tuesday, 1:30–3:00 pm Rebecca Hunt

Barelas, Room 5 **Wednesday**, 10:00–11:00 am

Los Volcanes, Room 1 Tuesday, 9:30–11:30 am Aranda, Balboa, Ramirez

North Valley, Room 3 Thursday, 9:30–11:00 am Rev. Chavez, Bob Salazar

Bible Discussion

Manzano Mesa, Room 4 Thursday, 10:00–11:00 am

Women's Bible Discussion Manzano Mesa, Room 4 Tuesday, 11:00 am-1:00 pm

Classic and Great Books

Energize your mind.

Bear Canyon, Room 3 2nd & 4th Friday, 1:00–3:00 pm Kathy Nunn

ABC Libraries also has book clubs! See Page 35

Call the host center to reserve. Center Directory on page 3. Events are free with membership unless otherwise stated.

Open Topic Discussion Group

Topics are suggested at the weekly meetings. Talk about ideas, values and problems of the times. People are welcome to attend at any time. Occasionally, guest speakers are invited

Bear Canyon, Room 1 Tuesday, 11:00 am–12:30 pm Jerry Lehnus

Palo Duro, Aspen Thursday, 1:00–3:00 pm Zabnle

Mystery & Audio Book Club

A title is announced at each meeting and discussed the following month.

Palo Duro, Ponderosa Pine 2nd Tuesday, 1:30–2:30 pm

Community Groups

Los Alamos Neighborhood Association (LAANA)

LAANA promotes the continued proper land use in the Los Alamos Subdivision and to protect neighborhood property values.

North Valley, Social Hall Times and Dates TBA Mary Turpin

Albuquerque Senior Theatre

Meet weekly to audition and rehearse for local plays. We are open to new members who are interested in all areas of theatre production.

North Domingo Baca, Classroom 1 Wednesday, 4:00–6:00 pm

Dance

Square Dancing Group

Palo Duro, Mesquite Wednesday, 1:00–3:00 pm

Family

Foster Grandparent Program Advisory Council

North Valley, Room 4 3rd Wednesday, 11:30 am–1:00 pm 764-1612

Genealogy Club

Learn to research your family history using internet sources, including tools and references on how to get started. No registration required.

Bear Canyon, Room 2 3rd Friday, 12:30–2:30 pm LaChey, Otahal, Holub

Reclaiming Families

This community outreach project seeks to engage children of working refugee families in meaningful activities.

Manzano Mesa, Room 5 2nd & 4th Monday, 6:30–7:30 pm Nkazi Sinandile

Music

Alb. Accordion Club

Bear Canyon, Room 5 **2nd Thursday**, 7:00–9:00 pm Dan Wright

Accordion Group

Open to members who play the accordion of all levels.

Palo Duro, Aspen **Friday,** 9:00–11:00 am Hendley

Beartones

This is a four part (soprano, alto, tenor and bass) singing group. Ability to read music is a plus.

Bear Canyon, Room 1 Thursday, 10:00 am–12:00 noon To enroll: Bob Meadows, director 293-8445 or bobmeadows@aol.com

Bear Canyon Sing-Along

This group meets to play and sing folk tunes accompanied by auto harp and guitar. Participants must be familiar with their instrument.

Bear Canyon, Room 4 Monday, 4:00–5:00 pm Eleazar Benavides

Choralaires

No musical training is required. This group also performs at community

Palo Duro, Cottonwood **Monday,** 9:00–11:30 am

Community Drum Circle

Manzano Mesa, Room 4 **3rd Friday,** 7:00–9:00 pm

Guitar Group

For those who can play guitar in the keys of C-D-G-etc. Also, any other instrument is welcome. It is helpful if you can sing, but not necessary. You will need your own instrument and music stand. We welcome musicians, amateurs and professionals.

Barelas, Sitting Room Friday, 10:00 am -12:00 pm

Bear Canyon, Room 4 Monday, 2:00-4:00 pm Benavides

North Valley, Social Hall Tuesday, Friday, 10:00–11:45 am Al Garcia

Palo Duro Band Practice

For members who play an instrument

Palo Duro, Aspen Friday, 1:00–3:00 pm

Sing-A-Long

Join us for an afternoon of singing! Accompanied by 2–3 guitarists, this group sings a variety of songs.

Barelas, Sitting Room **Thursday,** 12:30–1:30 pm

Manzano Mesa, Room 4 **Tuesday**, 1:00–2:15 pm Richard Mabry

Other Interest Groups

Albuquerque Historic Aviation Society

A group is for aviation lovers to spend time visiting with fellow enthusiasts.

Bear Canyon, Rooms 5 and 6 1st Thursday, 7:00–9:00 pm Harry Davidson 256-7212

Alb. Wildlife Federation

Manzano Mesa, Room 3 2nd Thursday, 6:00–8:45 pm



Camera Club

Come and share photos, techniques and interests with field trips too.

Palo Duro, Ponderosa Pine **2nd Friday,** 1:00–3:00 pm **Jovner**

Digital Camera Users Group

Discussions include cameras and their operation, photographic techniques, new developments, etc. No registration required. Schedule subject to change.

Bear Canvon, Room 2 2nd Thursday, 10:00–11:30 am Ray Elosua

Libros Group



Manzano Mesa, Room 3 1st Saturday, 9:00 am-12:00 noon

Computer

Linux SIG

Ongoing discussion of Linux operating systems and applications soft-

Bear Canyon, Room 2 3rd Thursday, 7:00-8:45 pm Michael Tole

Invest in Debt

Manzano Mesa, Room 5 2nd Wednesday, 6:00–9:00 pm

Investment Club

Club follows the NAIC program

Palo Duro, Ponderosa Pine 3rd Wednesday, 10:00–12:00 noon

NM Postcard Club

The New Mexico Postcard Club is for those who collect postcards and collectors of New Mexico postcards.

North Valley, Room 4 Sunday, Dates TBA, 12:30-3:00 pm

Support Groups · Page 47

Dance to live music at the centers

Afternoon Dances

Dance to top 40s, Spanish, country western, and oldies. Check the bulletin boards for our monthly listings of bands. \$2.50 per person

Barelas, Social Hall Friday, 1:30-4:00 pm

Los Volcanes, Social Hall **Thursday,** 1:30–4:30 pm

North Valley, Social Hall Sunday, 1:30–4:30 pm

Bear Canyon, Social Hall Thursday, 6:30-9:30 pm

Dinner Dances

Spend an elegant evening dining and dancing to ballroom music. Various bands • \$7.50 per person

North Valley, Social Hall Tuesday, July 19, 4:00-7:00 pm Doors open: 3:45, dinner served: 4:30

Los Volcanes, Social Hall Tuesday, October 25 4:30-7:30 pm





Philatelic Club

Join us for mixtures, the trading circuit and door prizes.

Palo Duro, Ponderosa Pine **Monday,** 11:15 am–3:00 pm

Rock Hound Club

Palo Duro, Aspen Meetings: 1st & 3rd Thursday 12:00 noon-1:00 pm Trips: 2nd & 4th Thursday 8:15 am-4:30 pm, 5¢/mile, Harris

T.O.P.S. Take Off Pounds Sensibly

Los Volcanes, Room 10 Monday, 8:00–9:00 am, Dolly Degraff

Palo Duro, Aspen

Monday, 11:45 am-1:00 pm, Eberting

Manzano Mesa, Room 5 Monday, 9:30–11:15 am **Friday,** 10:00–11:30 am Dottie Bellach

North Domingo Baca

We are considering a weekly meeting. Call Berlinda Padilla 764-6478 if you are interested

Weight Watchers

Learn how to stay full longer, so you can lose weight and keep if off.

Los Volcanes, Social Hall Saturday, 9:30 am, weigh in 10:00–11:00 am, meeting \$39.95 monthly pass, \$119 for 10 weeks of meetings, \$13 weekly fee



Find us online: www.cabq.gov (seniors)



Zia Sundials, Chapter #106

Members of the National Assn. of Watch and Clock Collectors, the Sundials are enthusiasts and collectors of horological items.

Bear Canyon, Room 4 2nd Saturday, 12:00 noon-3:00 pm Bob Sherman

Senior Issues

AARP Chapter #4380

For seniors 50+ wanting information on local, governmental and legislative senior related issues.

Bear Canyon, Room 4 2nd Thursday Board Meeting, 1:00–1:30 pm Presentation, 1:30–2:30 pm \$5 Annually, Jan Caron

Retired Public Employees Association (RPEA)

Working to preserve benefits for calPERS retirees and their dependents through outreach and education.

Bear Canyon, Rooms 5 2nd Friday, Jan, Apr, **Iul. Oct.** 1:00–2:00 pm Larry Sullivan, president

Retired Physicians Group

Palo Duro, Ponderosa Pine **Monday,** 3:00–4:30 pm Coordinator: Dr. Castillo

NARFE Chapter 80

Then National Association of Retired Federal Employees meets to preserve federal retirement and health benefits. Open to civilian employees, retirees, survivors and spouses with at least 5 years of federal government

Palo Duro, Mesquite Room 1st Saturday, 11:30–1:00 pm

Social Networking

CBI Group

For Veterans of World War II who served in China, Burma or India.

Palo Duro, Ponderosa Pine 4th Wednesday, 10:00 am-12:00 noon Laben

Cherokees of New Mexico

Manzano Mesa, Room 4

3rd Saturday, 12:00–3:00 pm **3rd Saturday**, 12:00–3:00 pm



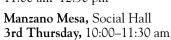
Red Hat Society

Join your senior sisters across the nation, even the world, and greet middle age with verve, humor and frivolity. The only criteria for joining are willingness to share and a red hat.

Bear Canyon, Room 5 Enchanting Red Hat Bear Beauties 2nd Tuesday, 2:00–3:00 pm Barbara Broussard

Los Volcanes, Room 1 **2nd Tuesday**, 11:30 am–1:00 pm Cathy Gomez

Palo Duro, Aspen 1st Saturday 11:00 am-12:30 pm



Sociable Singles Group

Dedicated to helping single men and women have a satisfying social life and develop new friendships.

Bear Canyon Board Meeting, Social Hall 1st Tuesday, 11:00 am-12:00 noon Meeting, Room 5 3rd Friday, 3:00-4:00 pm Game Night, Room 4 4th Thursday, 3:00–5:00 pm Bring your own food, visit, play games Mary Peterson, 821-3101, Dorothy Cillessen or Doris Robinson, 296-1765

Society of Creative Anachronism

Barony of al-Barran, Monthly Citizen's Meeting. Hear what is happen-

Manzano Mesa, Room 5 3rd Tuesday, 6:00–9:00 pm Greg Vickery

Vietnamese Senior Association



Meet to visit and enjoy social contact with other Vietnamese and to take trips within the community.

Manzano Mesa, Room 4 Saturday, 9:00 am-12:00 noon

We offer a variety of Weight Training Classes Page 36.



Sports Groups

Fishing Club

Fisherman and fisherwomen, join us for a lot of fun and camaraderie.

Trips: Tuesday, 6:00 am Meets: Tuesday, 12:00 noon

Bear Canvon, Room 4 Meeting: Monday before trips at 1:00 pm, call center for dates Ken Nau

Los Volcanes, Room 2 Trips: 2nd, 4th Thursday, 6:00 am April-October

Palo Duro Trips: Every other Tuesday 6:00 am-4:00 pm 5¢ per mile, Francke

North Valley Trips: Tuesday, 6:00 am Meets: Friday, 12:00 noon

Zia Rifle and Pistol Club

The club promotes participation in shooting sports, with emphasis on range and field safety.

Bear Canyon, Room 5 3rd Thursday, 7:00-9:00 pm Tom Tomasi

Golf Group

North Domingo Baca Multigenerational Center would like to develop a golf group that would meet weekly to play nine or ten holes. We are seeking individuals willing to lead the group and create guidelines. Sign up list is available at the front desk for anyone interested. For information call James Mader, Manager, North Domingo Baca.



Travel Clubs

Albuquerque Travel Partners

We bring together lively seniors to discuss potential travel ideas..

Palo Duro, Piñon 2nd & 4th Tuesday, 1:00–3:00 pm

New Mexico Roadrunner Travel Club

North Domingo Baca, Community Rm 3rd Thursday 6:30-8:30 pm

Groups open to patients, families, and friends

Alzheimer's Support Group Bear Canyon, Room 1 3rd Friday, 10:00 am-12:00 noon Barbara Michaels, 266-4473

Essential Tremors Support Group Palo Duro, Ponderosa Pine 3rd Saturday, 10:00 am-12:00 noon

Grief Support Group Bear Canyon, Room 3 Monday, 3:00–4:30 pm Ioanne Rupprecht

Los Volcanes, Room 10 Monday, 10:15-11:30 am begins January 3 (6 weeks) O'Hara

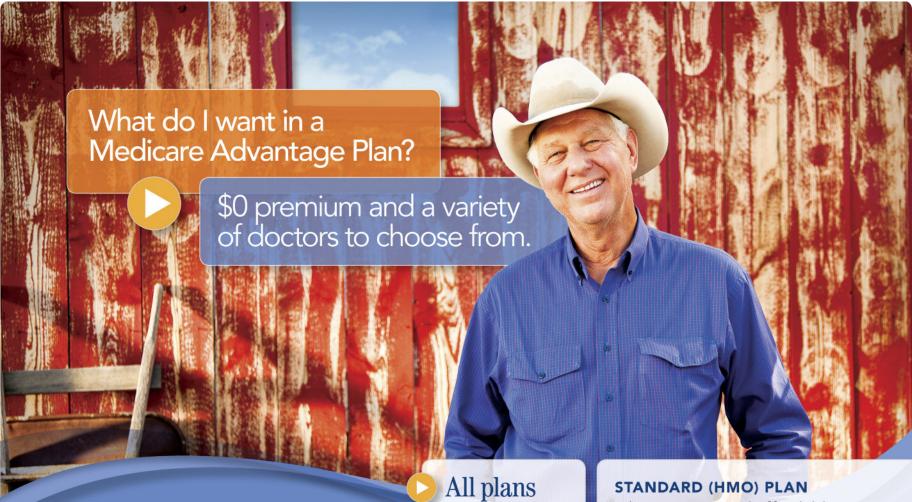
Grief Support Lunch Group Join us to share and to have lunch. North Valley, Room 3 1st Tuesday, 11:30 am–1:30 pm

MS Support Group Palo Duro, Juniper 2nd Monday, 2:00-4:00 pm

Prostate Cancer Support Association of NM, Inc. Bear Canyon, Room 5 1st & 3rd Saturday, 12:30–3:00 pm Joseph Nai, 254-7784

Dance to live music. Page 46.





The Lovelace Senior Plan offers additional benefits you won't get on original Medicare. Now with three plan options to choose from: a medical-only plan, a Standard HMO plan, and an Enhanced HMO-POS plan that gives you even more flexibility.

call 1.800.262.3757

or **505.727.5300** (TTY/TDD-711) to speak with a Senior Plan Representative about the new options available only within the Lovelace family. Customer Care hours are 8am - 8pm, 7 days a week.

feature:

- No-cost preventive services
- VSP vision services
- Acupuncture & chiropractic benefits
- Silver Sneakers fitness program
- Worldwide emergency coverage

- \$0 premium and affordable co-payments
- A variety of doctors to choose from
- Prescription drug coverage with no deductible

ENHANCED (HMO-POS) PLAN

All the benefits of our Standard (HMO) plan, plus:

- See out-of-network providers
- Low premium (\$57)
- Prescription drug coverage with no deductible

MEDICAL-ONLY (HMO) PLAN

- \$0 premium
- Ideal for those with VA coverage or Tricare



Lovelace Senior Plan HMO | HMO-POS

H3251_1434 CMS Approved 11212010 Medicare Advantage organization with a Medicare contract. The benefit information provided herein is a brief summary, not a comprehensive description of benefits. For more information contact the plan.